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October 9 - 15, 2011: Issue 27

Swell, swell, swell !

This Week's Articles

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[History](#): Neville W Cayley, ornithologist, artist, lifesaver, Avalonian

Quote for the Week

Their understanding Begins to swell and the approaching tide Will shortly fill the reasonable shores That now lie foul and muddy.

William Shakespeare

Change Location: Enter a postcode/suburb...

SYDNEY, NSW +

	Today Few showers. Possible morning shower.		Tomorr Fine. Mo sunny.
12	20		12

> Current Temp: 12.2 °C > 3 Hourly Foreca
> Feels Like: 9 °C > 10 Day Forecas
> Wind: 15 km/h W > Warnings
> Rain since 9am: 0 mm > Radar | Cloud |

Latest News of brewing storms as trough pus

[Past Features](#) [Archives](#)

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PITTWATER DOG OF THE YEAR ANNOUNCED!



Winners of the Pittwater's 2011 Dog of the Year were announced this week. The photo competition this year attracted 60 entries from Pittwater residents with the winner a regal 12-year-old black Labrador called Jess.

Runner up was a light brown beagle called Suzy photographed at twilight, with Oscar a snoozing Labradoodle looking very much at home on the couch taking out third place.

Competition organiser Michelle Carter said the judges were certainly challenged this year with a wide range of great quality pictures submitted.

Competition winners received a pamper pack from Doggone Gorgeous containing all natural shampoo and conditioner, tennis balls, a doggy outfit and water bottle.

To view the winning entries of the 2011 Pittwater's Dog of the Year and other submissions, visit www.pittwater.nsw.gov.au/dogday and click on the Flickr link.

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[Avalon Sailing Club](#)

AVALON SAILING CLUB

speech by Hon. Rob Stokes

Page: 5713 (NSW Parliament [Hansard Transcripts](#))

Mr ROB STOKES (Pittwater—Parliamentary Secretary) [14/9/2011; 7.19 p.m.]: I inform the House of the proud heritage and exciting future of Avalon Sailing Club, at idyllic Clareville and adjacent to the aptly named Paradise Beach on the sylvan and sublime Pittwater, named by Arthur Phillip in honour of the British Prime Minister. Phillip marvelled at this incredible waterway as being "the finest body of water I ever saw". What an extraordinary exclamation from a senior naval officer who had seen so much of the ocean and its shores. And what an amazing endorsement of the Pittwater and our need to protect it, preserve it, and enjoy it. And enjoying the Pittwater is a big part of what the Avalon Sailing Club is all about. Since 1938 it has been teaching children and adults how to sail. It has been refining top sailors such as Harold Vaughan, Grant Simmer, Phil Bate, Tony Bellingham, Glen Attrill and James and Katie Spithill. And more than all of this, it has been bonding families, creating happy memories, and building a resilient and confident community. And it is open to all.

While the clubhouse, a classic weatherboard building built in the late 1950s, is on a site worth millions, and while the view across to the western foreshores—which remain virtually unchanged since they were home to the Garigal people—is timeless, and while the value of the experiences of members is priceless, anyone can join the club. Prince or pauper, old or young, anyone can be a part of it. How uniquely Australian and how precious it is that our coast, our waterways and Avalon Sailing Club are open to everybody. A sport that in other nations is often a symbol of wealth and exclusion, in little Avalon it is a sport for the people—no ceremony, no nonsense, no airs and graces, no fuss, a simple place but a rich heritage.

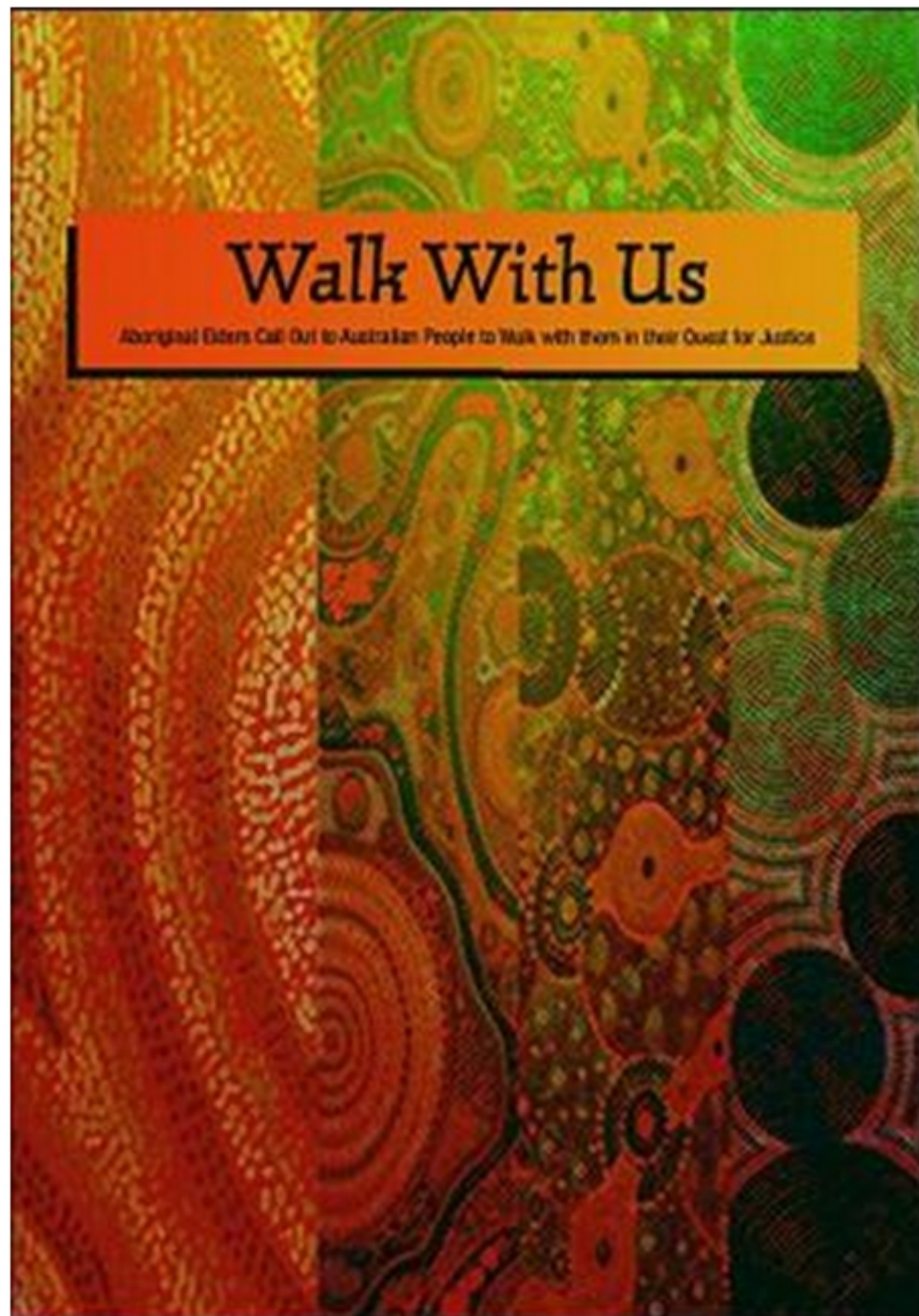
After James Stokes started making boats at Clareville in the 1840s the area became popular with sailors, first commercial, then commuters, and then recreational. By the 1920s Clareville wharf had been built just next to where the clubhouse now stands. In the 1930s the Vaughan family, with three young boys, decided to build some VJs—Vaucluse junior sailing boats, specially designed to be built at home—and before long the Vaughan family had established a sailing course between Taylors Point, Paradise Beach, and Longnose Point off Clareville. Other families joined in, such as the O'Connors and notable Pittwater families such as the Lingards and the Brogans. Despite some early setbacks, such as the closure of the nascent club by the ever-vigilant Royal Australian Navy, which was concerned about accidentally hitting dinghies with torpedoes from its Clareville base during the war, the club prospered.

By the late fifties, following the intervention of Sir Robert Askin in securing the site, a clubhouse was officially opened by no lesser a personage than Admiral Buchanan, CBE, DSO, aide-de-camp to both George VI and the present Queen. The club has continued to grow and prosper. Young sailors have grown into men and women whose children and grandchildren are now sailors—building on a wonderful heritage of family, competition, salt air, sparkling waters and freedom. After so much use, the clubhouse, a rustically beautiful building supported by many stories and memories, is also pretty tired out. More recent commodores and executive members such as David Lyall, PSM, Brett Stapleton, Ross Trembath and Richard Rasdall, have developed a modest, sympathetic and practical plan to enhance the club's facilities to breathe new life into the building and its wharf.

I was delighted to be able to support a grant of \$75,000 under the Community Building Partnership program to help realise these renovations, and was honoured to officially open the new pontoon last Sunday. I look forward to helping the club as it continues its renovations to make the Avalon Sailing Club an even better asset for our community. It is no wonder that Iain Murray, AM, is such a proud patron. I also applaud former commodore Norm Field for his excellent history of the Avalon Sailing Club between 1932 and 1963, and I look forward to the next chapter in the story of this wonderful community club.

Kind permission to reproduce this eloquence comes from Hon. Rob Stokes Pittwater Office. The Original may be seen at:
http://www.parliament.nsw.gov.au/prod/PARLMENT/hansArt.nsf/V3Key/LA20110914039?open&refNavID=HA8_1

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Purchase from gleebooks; [here](#)

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Walk With Us

Aboriginal Elders Call Out to Australian People to Walk with them in their Quest for Justice

By Sabine Kacha

Walk With Us is the long awaited sequel to last year's highly regarded and recommended *This Is What We Said*. Since its publication in August 2011, *Walk With Us* has been launched in various cities around Australia like Melbourne, Sydney, Canberra and Perth.

In Sydney it was launched in Glebe on Thursday, 1 September 2011 by Nicole Watson, Research Fellow, Jumbunna Indigenous House of Learning and Jeff McMullen, CEO (Honorary) of Ian Thorpe's Fountain for Youth. Auntie Millie Ingram did the Welcome to Country. The Sydney launch was highly successful with about 120 people packing out the top floor of the book store gleebooks. In the audience were among others notable people like Paul Coe, Eva Cox, Lola Forrester, Graeme Mundine and Don Palmer. Sky News was recording the launch as well. The three brilliant speakers were very informative, emotional and motivating. The evening was highly inspiring with speeches that went straight to the heart. The comments of the NT Elders featured in *Walk With Us* were echoed in their excellent speeches.

Aunty Millie gave a powerful Welcome to Country and stated that the words of the people from the Northern Territory included in *Walk With Us* are heartbreaking. She concluded with an appeal to help our brothers and sisters in the Northern Territory, encouraging us to speak out and tell our fellow people.

Ms Nicole Watson said that "at a community level, the Intervention has enabled the Commonwealth to seize control of Aboriginal lands not only the most valuable asset of many communities, but the lynchpin of identity and culture. The imposition of government business managers has usurped community initiative and contributed to a sense of powerlessness." Towards the end of her speech she remarked "We need to spread the word that these measures are inhumane and they do more harm than good. We also need to spread the word that each one of us is diminished while these measures remain in place. Aboriginal people in the Northern Territory deserve better. All Australians deserve better than measures that degrade and dehumanise the most marginalised people in our society. And we must tell our fellow Australians this." She concluded by reading out the highly moving Elders Statement of 7 February 2011 included in *Walk With Us*.

Mr McMullen began by saying that the Welcome to Country by Aunty Millie and the Elders Statement read by Ms Watson "goes to the heart of the issue, that we walk in an Aboriginal land, and the fight for Aboriginal lands and the future of the homelands is the great moral challenge facing all of us and facing this country." He motivated the audience to raise their voice about the ongoing injustices occurring through the NT Intervention, there is something we all could do. Emphasising that it is important for people to know that there will be no future funding for homelands when the Federal government's funding next year ends, he pointed out that Paul Henderson's recent offer to stop using the word "Intervention" would not change the discrimination as the policy itself remains intact. Then he conveyed a heartfelt message from Rosalie Kunoth-Monks, whose quotes are also featured in the book, that she wanted the audience to know that the voices in this book are true and this is what is happening and they want others to walk with them.

Mr McMullen reminded us that Brian Manning had said that "don't forget the reason that really the Wave Hill Walk Off succeeded in winning back that land was unity". He also praised Amnesty International's new strong campaign, the homelands campaign, pointing out its report *The Land Holds Us* would be an excellent accompanying piece to *Walk With Us*. Towards the end he invited audience members to get copies of the book to give to others who don't know about the issues. He finished by saying that *Walk With Us* "says it all, this is a book that you can read, you will learn a lot more from it, that it is a book that is so powerful, ... give it to someone that also has some power, give this book to someone who will take action, who will lend a hand and actually walk with these Aboriginal people".

The evening concluded with a highly stimulating Q&A session with very active audience participation and statements by Lola Forrester and Eva Cox among others.

In the article *Resetting our relationship with Aboriginal people* of 29 August 2011 Michelle Fahy writes "in the divisive environment of the Intervention, true partnership seems further away than ever. Why is this so hard? Given the amount of debate on Indigenous issues, the absence of the voices of the people concerned is telling. So the launch this week of a new book by the group 'concerned Australians' is cause for celebration."

A compilation from the evening as well as the complete speeches can be found at <http://stoptheintervention.org/facts/films-and-literature/book-walk-with-us/videos-wwu>

For further information about "Walk With Us", please see www.concernedaustralians.com.au

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Above: Northern Beaches installed domestic system

Below: caravan example. Below that, site at Brookvale recently set up.



To Find out More:

Want to cut your electricity bill in half?

The Rotary Club of Pittwater Invites you to attend a solar power seminar conducted by Australia Wide Solar, the longest serving solar power company.

You will be presented with the principles & benefits of solar power at the Royal Motor Yacht Club Newport

Want to learn more about solar panels, the financial incentives available, and how you could be creating your own free, clean, green energy?

Then come along to this seminar on 12 October at the Royal Motor Yacht Club Newport.

Choosing a solar power system can feel like a daunting decision. So this free seminar is a great way to get the knowledge you need and hear from experts in the field about solar electricity for your home, boat or caravan and also solar hot water.

Bookings are essential as spaces are strictly limited.

Date: Wednesday 12 Oct
Time: 7pm - 8:30pm
Where: Royal Motor Yacht Club
46 Prince Alfred Pde,
Newport Beach NSW 2106

For bookings, call
Pittwater Rotary
0417 228 294
Australia Wide Solar
02 9533 7444

AUSTRALIA WIDE SOLAR
02 9533 7444
www.awsolar.com.au

Solar Panels 2011

Mirrors, concentrating energy to light torches, were the first known form of solar energy. Greek scientist Archimedes first proposed using larger mirrors to burn holes in the sails and wood of advancing Roman ships around 200 B.C. The Australian Federal Government changed the encouragement of consumers to adopt solar methods of generating their energy needs from 1 January 2011. The Renewable Energy Target was split into the Large-scale Renewable Energy Target (LRET) and the Small-scale Renewable Energy Scheme (SRES). More information about the rules and regulations and what they do and don't cover is available on their [Office of the Renewable Energy Regulator](#) website.

With the Green Expo on this weekend and a good deal of discussion about solar panels as a viable additional source of energy or as a way to reduce pollution and your electricity bill, we contacted a company who has not only contributed to Pittwater projects and invested in our community but have also worked in placing these panels locally to get an overview of just what solar panels currently are.

Solar Panels

by Stewart Everitt of [AustraliaWideSolar](#).

These days going solar can be easy, a good investment, and a viable way to reduce carbon emissions. A home solar system is comprised of solar panels, the racks for putting the panels on your roof, electrical wiring, breakers and an inverter. Solar panels are mounted on your roof and wired together so you will produce your own electricity.

It's very important to consider all aspects of your solar electric installation. The things to decide on prior to purchase are:

1. Does the install company have a proven track record?
2. How is the system attached to my roof?
3. Does the installer use the correct DC cable rather than AC cable – The wrong cable can reduce power yield by thousands of \$'s over the life of the system. This is a critical part of your system to ensure the power is used most efficiently.
4. Are warranties of the manufactures supported locally & how are warranty claims handled?
5. Is my REC discount locked in from when I deposit? This can vary the price of the system by more than \$2,000 if not locked in.
6. How long to the installation from deposit?
7. Will the installer do a site inspection prior to the install day to ensure a smooth installation?
8. Will the installer sell the cheapest thing they have in stock OR what is best for your roof and budget?

Five Great Reasons To Go Solar

1. Cleaner and greener: Most electricity in Australia is generated by atmosphere polluting coal, which is greatly contributing to our current global crisis. There is an urgent need to reduce Pollution in our environment. By using Photovoltaic (PV) Solar Power you can produce 100% clean electricity for a greener environment.
2. Reliable: Renewable energy Solar panels are silent and have no moving parts, meaning you can be guaranteed a long lifespan from your system. Most high quality panels come with a 25-year warranty. Investing in a better quality system will increase the power yield and give far more certainty with regards to the long warranties.
3. Add Value to your Home: Sustainable housing solutions such as solar power, solar hot water and solar passive designs have become very desirable for homeowners. When you install a solar power system you will be increasing the value of your property assets
4. Decrease or Eliminate Energy Bills: Going solar allows you to generate free energy, potentially saving you thousands of dollars in the long-term. Given that electricity costs are expected to rise considerably over the coming years, these savings will only increase over time. See the charts below for a typical 3kW system.
5. Generous Government Incentives now available: The Australian Government is now encouraging all homes and businesses to go solar with substantial incentives available.
STC's - When you install a solar power system you create Energy Certificates (STC's) which, depending on your zone rating, have a certain value. These can be kept or sold to liable parties to offset their liability and help them to meet renewable energy targets

The average size of a household grid-connected solar PV system is about 3 kilowatts which has a PV panel area of about 28 square meters. A system of this size should produce about \$1,000 in electricity credits to your account p.a. Don't fall into the trap of a discount solution, these systems need to be installed by a well established professional team who have quality top of mind. Short cuts can save money, however in order to maximize the results quality counts.

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Profile: In October we look at Organisations and Clubs; The Surfers Group is For Boardriders and By Boardriders.

Previous Profiles:

[Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper](#) [Harding](#) [Katie Spithill](#) [Chris Salisbury](#) [Doug Crane](#) [Henry MacPhillamy](#) [Ben Baillie](#) [Aim for the Stars Foundation](#) [Broken Bay Marine Rescue](#) [Pittwater Environmental Foundation](#) [Rotary Club of Pittwater](#) [Sophie Haythornthwaite](#) [Joan Fisher](#) [Mark Ferguson](#) [Veteran](#) [Carolyn McKay](#) [Christine Hopton](#) [Ian White](#) [Jack Elsegood](#) [Robert Grace](#) [Colin Casey](#) [Bob Waterer](#)



History: Spring Gents: Neville W Cayley, Ornithologist, Surf Lifesaver, Artist.

Previous History Pages:

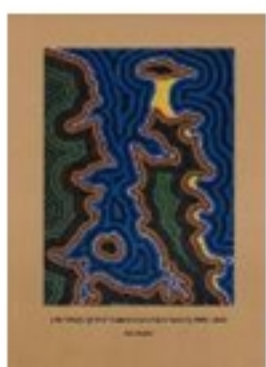
[Marie Byles](#) [Lucy Gullett](#) [Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree W. Bradley 1788](#) [Journal Midholme](#) [Loggan Rock Cabin](#) [La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [Scarred Trees](#) [Castles in the Sand](#) [Dame Nellie Melba lunches at Bilgola Spring, 1914](#) [First to Fly in Australia at North Narrabeen](#) [Mona Vale Golf Club's Annual Balls](#) [Governor Phillip camps on Resolute Beach](#) [Ruth Bedford](#) [Jean Curlewis](#) [Mollie Horseman](#) [Charlotte Boutin](#) [May Moore](#)



Park Bench Philosopher: Swell, swell, swell.



Food: Corn; History, nutrition and a recipe for fritters.



Books: [Pure Pittwater](#); added this week; New work from Scotland Island resident.

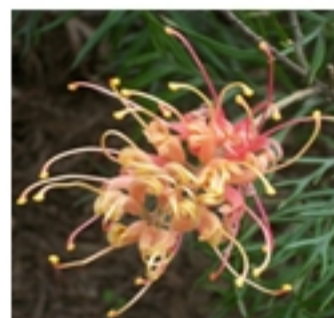
Old Books: [Australia!](#); two new works of old about here from 1908 and 1916.



Events: Songs for Soibada II, Try a Boat, BirdFest, EcoExpo, Books, Toys, Paddling, Walking, Great School Holiday Activities at CEC and Wiggles at Powerhouse Museum, Spring Fete, Offshore Art Events, History Lectures, Pittwater Council Events, Manly Art Festival 2011 .



Community News: Green Expo Today, Where is this Eagle ?, Hearing Tests, Songs for Soibada II, NBI Invitation, Knitters need Wool!, Living Ocean Short Film Competition, Entries Open for Pittwater Regatta, Pittwater Council Staff support Cerebral Palsy Challenge,



Community News: Green Expo Today, Where is this Eagle ?, Hearing Tests, Songs for Soibada II, NBI Invitation, Knitters need Wool!, Living Ocean Short Film Competition, Entries Open for Pittwater Regatta, Pittwater Council Staff support Cerebral Palsy Challenge,

Environment: Birds saved, Notices, Books, New Cooee Newsletter for October, CEC offers Teaching Program, Seed Bank with full Index of all Australian plants Facts Sheets and more.

Lynda Hill: Update: Getting Straight And Getting The Message: September's Libran New Moon

Pictures: Swell, swell, swell.

Youth: Voting, Call for Youth Voices, Music, Fed. Govt. Launches anti-cyberbullying film, Paper on transition for Year 12 to...,

Seniors: Birdland 2011; George on Avocets, Federal Govt. states we need our Seniors and moves to protect pensioners, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: Historian Nan Bolser shares an extract from *The Story of Bob Waterer and his Family 1803 - 2010*.

Reflections by George Repin. This week; **Shooting Through Like a Bondi Tram.**

Collector's Corner: Boomerang Harmonicas and the Albert Family.

Noticeboard: Community Listings (free to list) with Community Bushcare link and Northern Beaches **Free Ads** Info.

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Articles This Week

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- [Walk With Us Book Review](#) by Sabine Kacha
- [Solar Panels 2011](#) by Stewart Everitt
- [Profile of the Week](#): The Surfers Group
- [History](#): Neville W Cayley, ornithologist, artist, lifesaver, Avalonian



SUSTAINABLE LIVING EXPO TODAY !!

Pittwater's second Sustainable Living Expo will take place at Mona Vale Memorial Hall and Village Park on **Sunday 9 October**. The event will include over 40 exhibitors, 17 workshop presentations and 8 speakers. The Expo is an all-day event for the general public, aimed at raising awareness about how to live more sustainably on a day-to-day basis.

Mark Beharrell from Pittwater Council, which is hosting the event with the community group Climate Action Pittwater, said the Expo was suitable for the whole family. "We have a live chicken coop and there will also be a selection of native animals on the day. These should be a real drawcard for children," he said. "Other highlights at the Expo will include an electric van that runs off rechargeable lithium batteries. It runs and looks just like a standard vehicle," said Mr Beharrell. "There are workshops throughout the day, including a Green Forum with an expert panel responding to questions from the public. The panel includes an award winning building designer, engineer, architect and green tenancy advisor."

Mr Beharrell said the panel could give advice on green building products and practices, while several exhibitors can show how to make homes more energy efficient. Other attractions of the Expo include:

- workshops and speakers on reducing home and business energy costs
- workshops on reducing water consumption, water harvesting, saving and storing water
- a workshop on chemical free pest management
- a workshop on low-energy earth wall construction
- a tour of Mona Vale Library to view sustainable design features
- products that are free of toxic chemicals to clean your home and wash your clothes
- exhibits of solar PV panels and solar hot water systems
- community gardens and permaculture
- a display and workshop on non-toxic paints and oils
- a workshop on sustainable cooking and menu planning
- free entertainment with an environmental theme for children
- calculating your ecological footprint with help from Bilgoua Plateau school students.

The Sustainable Living Expo starts at 9am and ends at 4pm on Sunday 9 October. Entry is free to the public; for full details visit www.pittwater.nsw.gov.au/sustainablelivingexpo

TICK RESEARCH PROJECT

Bushcare volunteers in Pittwater are being asked to take part in a university research project into ticks. Researchers from the University of Sydney are looking into the presence of the Borrelia bacterium found in ticks and its connection to Lyme disease. In the United States, Borrelia bacteria are known to be linked to the presence of Lyme disease, which is one of the fastest-growing infectious diseases in America.

The official position of Australian health professionals and NSW Health is that Lyme disease does not exist in Australia, as the Borrelia bacteria are only found in minute quantities in ticks. The university researchers are collecting tick samples on the northern beaches to clarify whether this is the case.

Bushcare volunteers working alongside Council staff are being asked to collect any ticks they find and place them in specially marked containers. The collected ticks will be kept by the Council in a refrigerated state until they are passed onto the university. Bushcare coordinator Peter Ziegler said the project was also being supported by local vets and WIRES volunteers. "We stress that volunteers are not being asked to put themselves in jeopardy by collecting ticks. The aim is for volunteers to collect any ticks they find in the course of their work outside."

To find out more about the project and becoming a Bushcare volunteer, contact the Council on 9970 1111.

ROCKPOOL LIGHTING UNDER REVIEW

The Council is in the process of reviewing the lighting at North Narrabeen rockpool after concerns were raised about pelicans roosting on the lightpoles surrounding the pool. Mayor Harvey Rose said the new LED lighting at the rockpool was installed in a way to deter pelicans from landing on the lights. "However we recognize that people are concerned by the spikes on top of the lights and we are reviewing the situation. I understand we have received a number of complaints about pelicans defecating on clothing, towels and people sitting at the rockpool. The other issue was the weight of the birds bending the light fixtures, which would mean a continual need to refocus the lights for pool users. However as Mayor I believe we should be doing everything we can to protect local bird life and this is why I've asked for an immediate review."

Mayor Rose said he had asked staff to suggest alternative methods of deterring pelicans from roosting on the lights. The LED lights were installed at a cost of \$8000 at the rockpool in August, as part of an overall upgrade and to continue the Council's practice of installing energy-efficient public lighting where possible. The new lighting allows the public to swim in the early morning and during the evening. A new pathway linking the road to the beach, expanded picnic areas with BBQs and shelters and improved landscaping also formed part of the upgrade.

NEW IDEAS SOUGHT FOR ELANORA VILLAGE

Residents and business owners from Elanora are invited to share their ideas on ways to improve the design of the Elanora Heights Village Centre at a workshop on **Wednesday 12 October from 6pm**. Lindsay Dyce Council's planning manager said the workshop would seek to create a shared vision for the centre as well as identifying opportunities and possible constraints. "Local residents and business owners are invited to work alongside Council planners and design experts to develop ideas on how to improve the centre, said Mr Dyce. "We are encouraging residents of all ages to take part," he said.

The feedback from the workshop will help guide a masterplan for the future development of Elanora Village and its surroundings. The Elanora Heights plan has been identified as a priority as part of Council's continuous improvement of Pittwater's village centres. The masterplan will focus primarily on the area south of the intersection at Kalang Road and Powderworks Road as well as the Elanora Heights Community Centre.

The workshop will be held at the Elanora Heights Community Centre, Kalang Road, Elanora Heights and will include light refreshments. The session will run from 6pm to 8pm. **Register your interest via email by Monday 10 October at rsvp@pittwater.nsw.gov.au** or call Sarah Sheehan on 9970 1154.

Northern Beaches Interchange Invitation: ANNUAL GENERAL MEETING

When: 25 October 2010
Time: 7:00pm
Where: Banksia Room, Nelson Heather Centre, 4 Jacksons Road, Warriewood
Guest speakers: Laura & Jordan O'Reilly

Laura is the Managing Director and Jordan is the Operations Director of a local, not-for-profit, youth-led organisation called Fighting Chance. Fighting Chance was set up in 2009 by their mother, Sue O'Reilly, to provide age appropriate choice-driven services to young Australians with a physical disability in the areas of employment, accommodation and advocacy.

Join us for champagne and a light supper!
RSVP: Friday, 21st October to 9970 0500

Kind Regards
Carolyn McKay
Respite/Recreation Support
Carolyn McKay CEO
Northern Beaches Interchange
www.nbi.org.au



How good is your hearing?

1. Do you have difficulty understanding people unless they are facing you?
 2. Do you find it hard to hear conversations in noisy rooms with groups of people?
 3. Do you miss the doorbell or telephone?
 4. Do you have noises in your head or ears?
 5. Do other people complain that you have the TV turned up too loud?
- If you said 'yes' to any of these, you may have a hearing impairment.

Australian Hearing is offering Pensioners and Veterans a FREE hearing check at

**[Avalon Recreation Centre](#)
[59 Old Barrenjoey Road, Avalon](#)
[Friday 4 November 2011 at 10:00am](#)**

Call in to make your free appointment!



Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email

Living Ocean Short Film Festival

<http://www.livingocean.com.au/>

CALL FOR ENTRIES - END OF SUMMER PFP Film Festival
SHOW YOUR TALENT TO THE WORLD

Inspires us - student & open section
* 30 Second Commercial 'Plastic in the Ocean' - Theme - plastic in the ocean - student & open section
Details of location, time and prizes as they come to hand...start creating now.

Living Ocean's Aim:
To celebrate the ocean lifestyle, raising funds for the active groups that help conserve and protect life in our oceans by focusing on the 300 million tons of plastic pollution in the oceans worldwide.

Entry Form Below:

Sumba Foundation Australia Article at: [here](#)

Website at:



LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is November 5th.**

The club is open to children aged between seven and twelve years of age, with younger children welcomed with parental supervision. Mona Vale Library's Manager Cathy Howie thanked the generosity of Pittwater residents who donated Lego for the club's use.

"Many residents have fond memories of playing with Lego when they were children. The idea of the club is a place where children can play and explore their creative side with Lego, as well as developing their problem-solving skills," Ms Howie said. "The children can bring their favourite Lego creation to the first session to inspire others."

Ms Howie said that library staff would co-ordinate the two hour session but would welcome parents who would like to be involved in the program. If you are interested in attending a Lego at the Library session contact the library on 9970 1622 or book in person at the library, 1 Park Street, Mona Vale.

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Toy Sale

From Jo-Ann Steeves, President of [Friends of Northern Beaches Palliative Care](#)



In Photo: L to R Eleanor Swansbra (FONB), Gail Carew (Pittwater Rotary, FONB), Roslyn Wollaston (Pittwater Rotary).

Above is a picture of [Pittwater Rotary](#) and Friends of Northern Beaches Palliative Care at the inaugural 2011 Mona Vale Twilight Markets sponsored by Pittwater Council. Initially the sun smiled down upon the bounty of restored toys being sold in support of Palliative Care. Happy customers rode away on bikes or hugging cuddly toys. A group of teenagers was later spotted at Pittwater Place entwined, together, in the fluffy snake that had grabbed their affection. When the sun said "farewell" the rain pelted down and precipitated rapid packing. The remaining bounty of fun things and added attractions will appear again before Christmas. It will be a bargain hunter's delight to select treasures for under the tree and for summer holiday activity.

SONGS FOR SOIBADA II

A CHARITY CONCERT TO SUPPORT CHILDREN IN SOIBADA (EAST TIMOR)

STARRING:

TOM BURLINSON

GIRLS ON FILM
MANDY GARNIE,
RACHAEL BECK,
DANIELLE BARNES

DALE BURRIDGE & DANIELLE EVERETT
(PHANTOM OF THE OPERA)

DAVID MALEK
(ASPECTS OF LOVE)

DEAN MACRAE
(MISS SAIGON)

SAMANTHA SHAW
(LES MISERABLES)

BEN REID
(TAP DOGS)

SIMON HYLAND
(THE BOY FROM OZ)

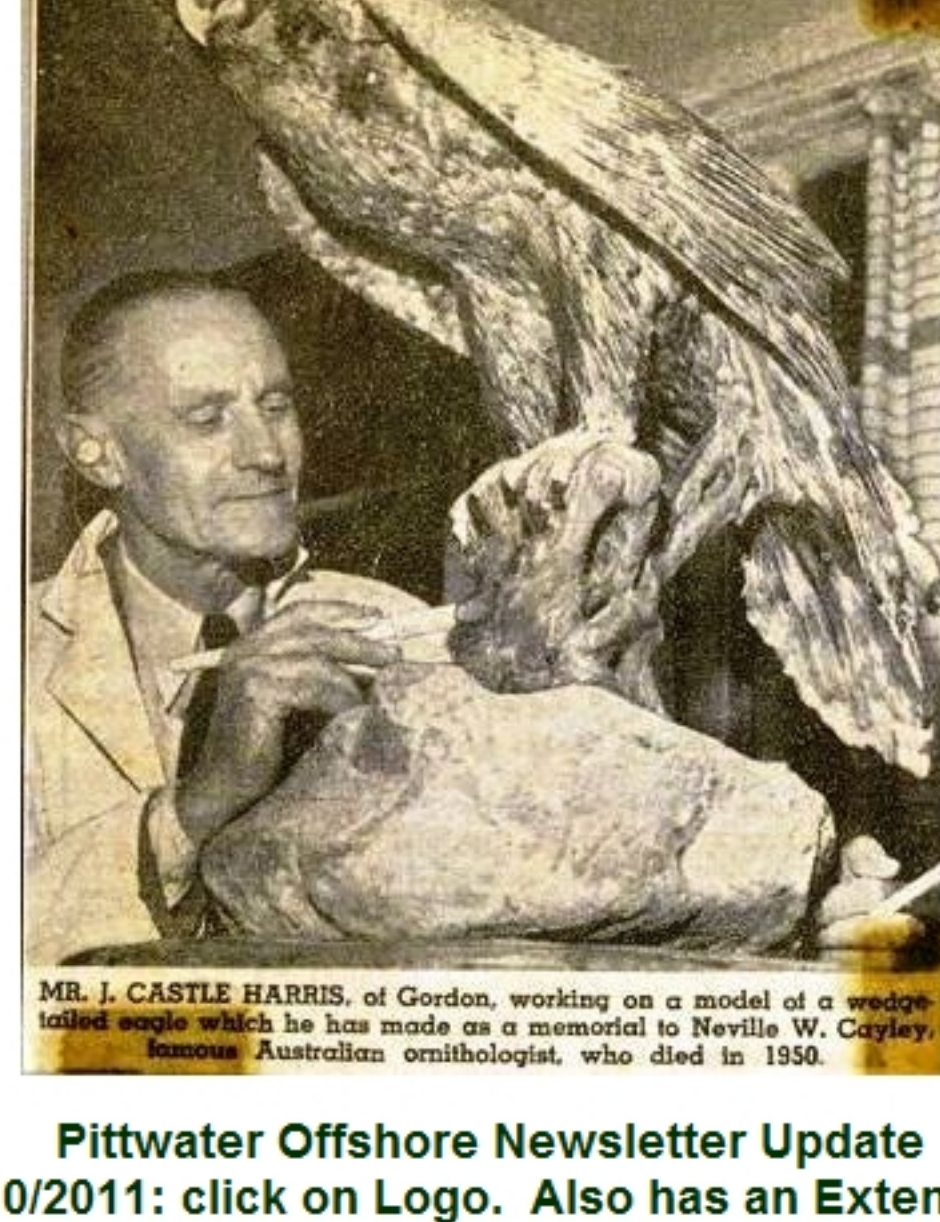
FRIDAY 28TH OCTOBER 2011 • 7:30PM
MARANA COMPLEX - MATER MARIA CATHOLIC COLLEGE
5 FOREST RD, WARRIEWOOD.

TICKETS: \$45 ON SALE FROM TUESDAY 4TH OCTOBER FROM PITTWATER PARISH OFFICE 9970 7211 AND AFTER ALL SERVICES ON THE WEEKEND OF 15 & 16 OCTOBER AND 22 & 23 OCTOBER AT MONA VALE. FOR MORE DETAILS VISIT WWW.PITTWATERPARISH.ORG OR WWW.PITTWATERFRIENDSOFSOIBADA.ORG

Songs for Soibada II Also on Sale at Panders & Peppercots Art Cafe, Avalon.

Where has this Eagle gone ???

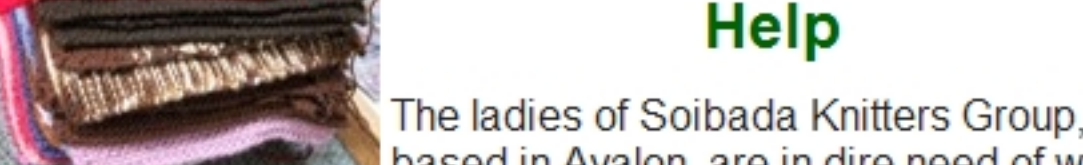
Our [History](#) page this week features small glimpses into the life of Neville W Cayley, formerly of Avalon. When speaking to his grandson during the week, Neville David Cayley, who kindly filled in some of the gaps our research could not uncover, he mentioned the eagle shown below, which had been made by the husband of Alice, (Neville W's sister) just after his death and had been destined for Taronga Zoo prior to disappearing. If anyone knows its whereabouts, or what has happened to it, please [contact us](#) so we can let Mr Cayley know.



MR. J. CASTLE HARRIS, of Gordon, working on a model of a wedge-tailed eagle which he has made as a memorial to Neville W. Cayley, formerly Australian ornithologist, who died in 1950.

Pittwater Offshore Newsletter Update

5/10/2011: click on Logo. Also has an Extensive Local Directory.



To contact Julian: editor@scotlandisland.org.au

Soibada Knitters Group needs Wool ! Please Help

The ladies of Soibada Knitters Group, based in Avalon, are in dire need of wool to turn into blankets for the children of Soibada. Tamara Sloper-Harding has recently returned from East Timor bereft as at least 300 children more than they had blankets for were disappointed. The village is at an altitude where it is cold even as it begins to get warmer nearer the coast. Wool can be dropped off to the basement of the Maria Regina Church in Avalon or contact Tamara on: tamara.harding@bigpond.com.au

Information on Soibada Knitters Group: [here](#)

From Elsewhere:

Japanese Decision to Continue Whaling, media release, Australian Minister for Foreign Affairs

PORTFOLIO: Foreign Affairs and Trade
SNIPPET: The Australian Government condemns Japan's decision to continue whaling in the Southern Ocean this year under the guise of science. Foreign Minister Kevin Rudd said the Government was particularly disappointed that this whaling will take place in the Southern Ocean Whale Sanctuary established by the International Whaling Commission. "The Australian Government remains opposed to all commercial whaling, including so-called 'scientific whaling,'" Mr Burke said.

Strong field for National Disability Awards - Senator the Hon Jan McLucas

PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: Twenty-one of Australia's most inspirational citizens and organisations have been nominated for the Australian Government's National Disability Awards to be announced on 22 November. Senator McLucas said the awards were an important way of changing community attitudes about people with disability. The National Disability Awards will be announced at a gala dinner in Parliament House Canberra on 22 November and are part of the Australian Government's celebration of International Day of People with Disability.

Nominations open for vocational student prize

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: As the nation celebrates National Skills Week, schools across Australia are invited to nominate students for the nation's top vocational education and skills award for students. The Gillard Government understands that getting a trade or skills qualification is a passport to a high-paid and rewarding job. Students can be nominated by their school principal, teacher or a Vocational Education and Training Coordinator and, if successful, are awarded a \$2000 prize.

ISF proud of Tour de Timor efforts - Department of Defence

PORTFOLIO: Defence
SNIPPET: Australian Defence Force entrants in the recent Tour de Timor mountain bike classic say the gruelling six day, 600 kilometre event was worth the effort - and they would do it all again. The event saw some of the world's best mountain bike riders take part, including entrants from East Timor and Australia. The ISF riders competed against their colleagues in the East Timor Defence Force and other local security elements.

Use of the insecticide dimethoate suspended on many food crops

PORTFOLIO: Agriculture, Fisheries and Forestry
SNIPPET: Get fortnightly, regular updates from the APVMA. The Australian Pesticides and Veterinary Medicines Authority (APVMA) has today suspended the use of dimethoate on a number of food crops due to potential dietary risks. The announcement follows the release of the 2011 Dimethoate Residues and Dietary Risk Assessment Report (August) which found that its use on many crops could exceed the recommended public health standard (the Acute Reference Dose).

Not too late to contribute to national cultural policy - Crean

PORTFOLIO: Prime Minister and Cabinet
SNIPPET: Only two weeks remain for Australians to have their say on the development of the first National Cultural Policy in almost twenty years. Arts Minister Simon Crean announced today, "As the consultation draws to a close, it's not too late for individuals and organisations making a contribution to the shape Australia's future cultural landscape."

Applications open for school chaplaincy and welfare services

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: Minister for School Education Peter Garrett today released the guidelines for the Government's National School Chaplaincy and Student Welfare Program, enabling the extension and expansion of chaplaincy and welfare services in schools. Mr Garrett said the Gillard Government has committed \$22million over three years to extend chaplaincy and welfare services to the existing approximately 2,700 schools and to increase the services to up to 1,000 new schools. Under the National School Chaplaincy and Student Welfare Program, schools can receive a maximum of \$60000 over three years to offer chaplaincy or student welfare services to the school community.

Mission Australia's 750th social housing home opens

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: Federal Minister for Social Housing and Homelessness Mark Arbib, and Member for Lindsay David Bradbury today announced the handover of the 750th social housing home to MA Housing in NSW. Senator Arbib said the completion of the 750th social housing home for MA Housing is delivering on the commitment agreed at the Housing Minister's conference in 2009 to increase the number of dwellings managed by the community housing sector. Mr Bradbury also acknowledged Mission Australia's MA Housing for its involvement and management of this project and its role in managing around 1500 affordable and social housing homes across NSW, Tasmania, and the Victoria.

100,000 families apply for Paid Parental Leave - The Hon Jenny Macklin MP

PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: The Australian Government's historic Paid Parental Leave scheme has reached a major milestone with 100,000 parents applying for the payment since applications opened on 1 October last year. The Government's Paid Parental Leave scheme provides eligible working parents with Parental Leave Pay for up to 18 weeks at the national minimum wage (currently about \$590 a week before tax). The Minister for Families, Housing, Community Services and Indigenous Affairs, Jenny Macklin said Australian families had embraced Paid Parental Leave.

Delegates selected to represent Australia at UN Commission on the Status of Women - The Hon Kate Ellis MP

PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: The Australian Government today appointed three exceptional women to represent Australia at the 56th Session of the United Nations Commission on the Status of Women (CSW 56). Ms Ellis said the UN Commission on the Status of Women works to achieve equal rights for women and men by developing policy recommendations for the international community. The UN Commission on the Status of Women also prepares resolutions on promoting women's rights in political, economic, social, civil and educational fields, for consideration by the United Nations Economic and Social Council. Ms Ellis said.

Nominations open for the National Homelessness Services Achievement Awards - Senator the Hon Mark Arbib

PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: Australians are encouraged to nominate outstanding organisations committed to addressing homelessness in the first-ever National Homelessness Services Achievement Awards. Minister for Social Housing and Homelessness Mark Arbib said the Awards would recognise the outstanding contributions of organisations around the country that provide assistance to people who are homeless or at risk of homelessness. To nominate an organisation in the National Homelessness Services Achievement Awards visit:

Saving PNG lives with better health centres and more medicines, media release, 1 October 2011, Australian Minister for Foreign Affairs

PORTFOLIO: Foreign Affairs and Trade
SNIPPET: The Australian Government and the Asian Development Bank are teaming up to save an estimated 1.2 million people, through a much needed boost to rural health services in Papua New Guinea. The \$80 million Asia Development Bank project, to which Australia is contributing \$40 million, will deliver 32 new community health posts, refurbish 128 health centres and provide housing for 224 staff. In-service training will also be provided to community health workers in areas such as maternal health and clinical supervision.

Past Adoption Experiences: Current Service Needs - Australian Institute of Family Studies (AIFS)

PORTFOLIO: Prime Minister and Cabinet
SNIPPET: A new national survey of past adoption experiences is being conducted to identify the support and service needs of people affected by past adoption policies and practices. The survey, conducted by the Australian Institute of Family Studies, is the largest study on the impact of past adoption practices ever undertaken in Australia. The Australian Institute of Family Studies is a highly experienced research body and has a history of dealing with sensitive issues.

ALRC Discussion Paper proposes fundamental reform of the classification system

PORTFOLIO: Attorney-General's
SNIPPET: In an age of media convergence, Australia needs a 21st century classification system that is more platform-neutral, concentrates government regulation on media content of most concern to the community, and a system that can be adapted to a wide range of media innovation, said Professor Terry Flew, Commissioner in charge of the National Classification Scheme Review. These proposals focus on the introduction of a new Classification of Media Content Act covering classification on all media platforms online, offline and television. ALRC President Professor Rosalind Croucher said, "The ALRC has heard loud and clear that the current system is broken and no longer fits with how people are consuming media content."

One month remaining to lodge tax returns

PORTFOLIO: Treasury
SNIPPET: The ATO is reminding the community they have until 31 October to lodge their tax returns if they are not using a registered tax agent. The ATO also runs a free Tax Help program which assists low income earners with simple tax affairs to prepare and lodge their tax returns. Be aware of tax scams.

The 2011 Overland Judith Wright Poetry Prize for New and Emerging Poets, sponsored by the Malcolm Robertson Foundation, is now open.

This is the richest and most prestigious award for new poets in Australia, with a major prize of \$5000, and two runner-up prizes of \$1000. The judge of the 2011 Overland Judith Wright Poetry Prize for New and Emerging Poets is Peter Minter.

The closing date is Tuesday 15 November 2011. The winners will be announced in March 2012. [Entry forms and more information.](#)



Aboriginal Support Group
Monthly Warringah Pittwater

Click on logo above to visit their website.

PITTWATER COUNCIL

PITTWATER SUPPORTS CEREBRAL PALSY CHALLENGE

In a quest to conquer 'virtual mountains' staff from Pittwater Council's Community Services team have signed up for the eight-week Cerebral Palsy Challenge from 6 September to 31 October. Four teams will participate in the challenge and hope to raise \$2000 for Cerebral Palsy Alliance. Each team will track their daily step count using a pedometer and then record their progress on the Cerebral Palsy Challenge website.

Pittwater Council's Challenge Coordinator and other Daniel Everett said teams will participate by walking, running, cycling or other activities to reach their daily steps. "Each team has a 'virtual mountain' that needs to be climbed by the end of the eight-week challenge," said Mr Everett.

The teams will also hold a number of fundraising events such as BBQs and a lolly-jar guessing competition during the next school holiday vacation care review. "We urge our supporters to get behind us and either donate via www.cpchallenge.org.au or at one of our fundraising events," added Mr Everett. Cerebral Palsy Alliance CEO Rob White said an Australian child is born with cerebral palsy every 15 hours, making it the most common physical disability affecting children. "Funds raised through the Cerebral Palsy Challenge will contribute to vital services and research needed to enhance the lives of those living with cerebral palsy," he said.

"We really appreciate Pittwater Council's participation in the Challenge, which will help children and adults with cerebral palsy and their families," added Mr White.

To donate or find out more about the Cerebral Palsy Challenge visit www.cpchallenge.org.au

Pittwater Online News

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Swell, Swell, Swell

.... What else is there then? Everything else! Everything you're missing out on and hungry for whilst locked into cars and houses and brand new clothes that are fashionable; the story being sung by water; down at the beach in lappings that sparkle and jump to your eye, in rivers both foreign and dirty and dreamt and clean; the story being sung by air, all the great winds drawing across the sky in the turnings; all sung by stone and earth, and where they overlap sea and sky tides, mixing, entreaded. Every single moment.

Does the pure wind that blows from the south irk you so much that you have to close the window, or are you one who turns at the shift in the day suddenly dropping, or recognise when summer wind will blow through the last verges of winter, aubading the season to come, tasting what abides in there and will surface, in full, in four months 'time'. Ripen into and from light. Eyes wide open all the time, tips in the ends of fingers and toes taking in, giving out, inhale, exhale. See Stillness inside all of time. The west wind, absent from some parts of some seasons, or its certain trill through all undergrowth, hedge, mushroom and fairy sized flowers, rising, at break of spring, high, doming the sky over country, bringing the larger shifts in. The north ocean, the eastern sea, swell, swell, swell.

Come out all you compute mousketeers, clicking where you once weaved; throw away the stroke gathering in cramping muscles. Take up your quill, your paintbrush, your guitar, your voice and develop other blisters again. There is always something more, some new crop, some slight change in the same flower as they grow and grow. Season after season some new resonance and development of essence comes, as it is meant to.

Test to Shine Everness; eat clean fruit (clean refers to clean soil, clean air, clean watered fruit species of original garden's ilk and this season's becoming). Meditate. Contemplate. Affirm in formed word. Dowse. Keen. Chant. Allow for both bursting with joy and calm steady peaceful joy days and moments. Tai Chi or Tae Kwon Doa your dawn, for Dawn Energy is part of the Ever dancing. Be merged with the Everdance, the paisley flowered skin. Swim. Walk. Heal your Aura. Align the fissures in your Meridian Layers. Research. Stretch. Vigiliae. Put on your spiritual body. Not just examining but refining to ever-properties; nine times refined. Ten times refined. Put on your Ocean, your Sky, your Bush skin.

Allow for communion moments. The same chi in the creation's annual changes can flow incorruptible, rendered shining too in a vigil of soundless praying. Vigil is 'awake' at life essence turn of each alchemic day. After day. By day. Until the shifts of dawn sprung air is akin to the bursts of spring and summer, and even the lightening through bluest parts of winter.

Testing Out Mk III: record, keep small notes. Fine, you remember, but also record what occurs so you remember all the smaller things that cause and are in, and comprise that memory. The drip of dew, the way the owl rises at 4.30am to wing home, sensing the return of broad sunlight. Write down the date of the morning you wondered what other animals concept of 'time' is, of how they have no watch but sense and feel dawn coming and wing to where they roost during the day, tucked inside, or at least semi-hidden, in the suburban sprawls.

We test out what we wish to find best on ourselves, a practice transferred from the place around us. We live in a phoenix landscape; plants resolve to and through fire, even outside of bushfire prone land, to become fertile food that causes light to (blow) bloom and blossom in flower and tree again and again. In this they have two bloomings, the heat processes of water and sun that produce the flower and fruit in the rising to manifest as a flower, and the essence rising through the return. A similar fire and process of becoming is what we imitate, or more really, are born to know and become. It is we who are our great experiment, we who resolve to rise and become all else we dream we can be. It is we who correct ourselves best or notice when a thought is straying into making us feel a way we would or would rather not feel.

We can get back in the second before we left to find what else there is, finally Knowing, and then having a strong premonition of what we are about to seek and find. This intuition is not only sensing what to do, but also, and this is finer articulation, intimate converse communing, how to get there, what steps to take, where to place, Touch, each foot. The second before you left is innocent knowing, glimmering all the sparks mixing within. Dumbfounded, bewildered, aching to uncover, find what seems hidden, flickering, like the flickering eye, knowing we are simply revealing what is already here, or, 'within'. The second after is knowing no one is finding anything really, as it must be here already in order to be able to be found, and this helps us recognise there is much we haven't seen yet, and it is our ability to discover, to know more, to know what else there is that is being created, not the 'new' things we have found.

'Reveal' is from 'revelation'. All these new things you are suddenly seeing, that are revealed to you, have ever been here. Therefore it must be you who have changed (flashes of coloured light from your fingers) in order to have them revealed. Seeing things, hearing things, touching things, smelling things, all senses and all planes, physical and spiritual, the espiritos breath that fills and runs through everything is waiting for you to breathe them in.

Extract from *Seeing Things*, Ch. 3. *Questing*, Copyright A J Guesdon. 2008-11.



Park Bench Philosophers

We are seeking contributions from all Pittwater residents in the form of anecdotes, memories, stories or even matters you'd like to see addressed or changed in our area.

If you have something you'd like to share, something you'd like to start a discussion about, or even just a poem or story from yesterday or today we want to hear from you.

Contact us at: pittwateronlinenews@live.com.au

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles which contain swearing or may offend others will not be accepted. Please note that all works are posted unedited; you are the author, this is your page. Word Limit: 1000.



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October 9 - 15, 2011: Issue 27

The Surfers Group

'For boardriders by boardriders'

It's no secret that many who reside in Pittwater are here because we have a love of the ocean. Many associated with this publication have a real passion for all elements of the water, whether the calmer waters of the estuary or any of our beautiful beaches. Fostering an understanding of those who work and live by the sea is a part of our focus, naturally. This week we wish to share an insight into one of our local organisations who have also had generations of input and passion for the ocean in what is a vital part of our iconic Australian culture, surfing.

From their website: 'In 1997 The Surfers Group Pty Limited (TSG) was formed by 1988 World Surfing Champion Barton Lynch to create a focal point for surfing enterprise through rider development, consultancy, event and media production, positioning and marketing of products and networking. TSG is a multi faceted service provider in the board sports industry that specialises in the development of talent, consultancy and overviews of board riding culture, production of events and media, public speaking and corporate activities. The TSG Rider Development Program mentors, coaches and trains hundreds of surfers of all levels including many of the countries aspiring champions and the TSG programs include 3 day intensive camps, weekend camps, day squads, afternoon squads, Hawaii camps, private tuition, career guidance and the Corporate Day of Stoke.'

Barton (BL), can you give us an example of what or who is involved in Mentoring and fostering surfing talent and how that differs from the Consultancy side of The Surfers Group?

Laura Enever is a great current example; I've been coaching with Laura on and off over her career. We've also had a lot to do with a lot of surfers as well as other coaches who come for experience as well as the coaching ideas and perspectives. The other area for the Surfers Group beside the Mentoring and Training is the Consultancy where we use all of our contacts in the board riding industry to help people get answers or find out things when they wish to test products or test the market on different campaigns. So this is a pretty important aspect as well.

The Training, is that just locals or people from overseas as well?

In my role with Hurley I have involvement with their international team. Last year we did a camp in Bali for their international team. Hurley has a relationship with Nike and we've taken our Hurley team up to the Nike headquarters at Oregon and done a whole Program of athlete testing and the like with the Hurley team there. We've started to utilise Nike's sports science to help out our surfers as well. That's been a very exciting development in things

The TSG Level 1, 2 and 3 **Rider Development Programs** which go from **Beginners**, to **Intermediate** to **Professional** levels all have aspects to highlight knowledge, mental and physical fitness to develop the person as much as the surfer. Can you tell us what is involved for the Beginners as part of the 'Surf Fitness Program'?

The most important thing for a beginner is to be a good swimmer. That is the key to confidence, the key to personal safety; if you can swim well and you spend time swimming in the ocean, you get a really really good understanding of the ocean; its ebbs and flows, its movements and moods. So we always advise the people who come to do as much swimming as possible and that's a big part of our Program.

Holly (Barton's wife) is a personal trainer, a yoga teacher and a masseuse. Her and I combine really well. Obviously I've done physical training components and elements with the kids over the years but she's been able to take that to another level of professionalism.

In Level 2, the Intermediate Program, the element termed 'manoeuvre control' what does that involve?

That incorporates the vital aspect of reading a wave, which really is the most important thing in surfing performance for any level of a surfer. If you're catching bad waves or the wrong waves or not the right type of waves then you're really not giving yourself the opportunity for growth. And so, before you even get to that, the starting point is the understanding of the ocean and growing the confidence to be out there which is what the swimming helps develop, and then you go onto the actual springing to your feet and that sort of thing, then after that, it's the wave selection that really is the single factor in your growth and the development and speed of your growth. Once people are catching the right waves it comes down to selecting the right manoeuvres to do at the right time on the wave.

In the end it's a form and forming art, surfing. It's a lot like dancing, it's a lot like music, if you don't play it well or you're picking the wrong notes at the wrong time or you're not putting everything together properly then it doesn't come across as a cohesive balanced whole.

The manoeuvre control is really picking the right moves at the right time and moving with the wave. A lot of that is considering the wave and what's going to make the wave look good rather than having your own ambitions to do what you want to do regardless of the wave. So it's really also about the timing of your manoeuvres and the choice of manoeuvres and controlling all of those decisions. The goal is to have it flow subconsciously so that you're not really deliberately doing it. I think a lot of the time people are thinking too much about it, it's driven too much by their own ambition rather than what's going to suit the wave and this causes them to make the wrong choices and do the wrong thing at the wrong time which can result in 1. you wreck your performance and 2. you can end up getting hurt.

In the Professional level, **competition drills**, what does that entail, what are you trying to teach there?

When you think about surfing specifically for competition you begin to think about a management system; there's two main issues that you're managing. One is luck, because obviously being in a random environment that you can't control, the strategies and the actions that you choose inevitably either open up (choosing luck for influence) the result or they close down that opportunity for luck. So one of the areas I like to work on with kids who are coming for coaching and who are competitively minded, is that management of luck and choosing the right strategy at the right time to exercise as much influence over these elements of luck as you can and Mother Nature influencing the result beyond your control.

The other thing is the management of time. It is a competitive environment with probably fifteen to twenty minute heats and you have to manage that time limit efficiently and well. So they're the main areas in that; the management of luck and the management of time that go a long way towards deciding the result.

Another element of your training incorporates diet and food, what is an example of the kind of diet you'd recommend?

Holly has been able to help a lot in that area especially in evolving what the kids should and shouldn't be eating. Our philosophy is in a way 'the closer it is to the way it should be, the closer it is to its original form, whether it's been pulled out of the earth or has just stopped breathing, the more full of nutrients it's going to be and the more benefit it's going to be to the person'.

The **camps** run for groups of people for 3 days or five days; what do they entail?

We take a whole variety of different options there. The 3 day camp takes the form of a long weekend, usually from the Friday to Sunday. We do take the coaching around and get contracted by Boardriders Clubs a lot of the time to come and do coaching for them. Some of the places we've been to are Avoca Boardriders, Bondi Boardriders, Mona Vale Boardriders, Stanwell Park, Bawley Point. Boardriders Clubs are interested in getting their kids to evolve and for them it's an investment in the future of the Club and putting some money, time and resources back into the kids. We also do these for individuals to concentrate on other areas they may want to work on. We've had a good relationship with the Ulladulla kids; I go down there quarterly and do camps, Port Macquarie has also been part of camp training weekends.

We also do them around home for peninsula residents. We also have kids come and do home-stay coaching with us; they come and stay at our home for the weekend and do the coaching Program.

The **Mentoring Program**, could you tell us about that?

This is where we work seven days a week and for 52 weeks a year to be available to mentor kids. We do that with kids that just want to be pro-surfers and also with children who have what may be termed their own personal demons or issues. They've been getting into a bit of trouble or haven't been getting on with their parents. The Mentoring Program has been pretty successful in helping some of those kids get back on the right track using surfing as a positive influence in their life.

In a lot of ways I do feel like surfing is a medicine. For me especially; after dad died and we moved to Mosman when I was ten or eleven, there were a few years there where I was just roaming the streets, being a little monster and getting into a bit of trouble here and there, not necessarily doing the right things. My desire to be a professional surfer and my love for it and passion for it really saved me and got me going on the right track and really gave me a future and a life. I think that surfing in itself is such a positive influence as something for our kids to get involved in. I know when I was a kid it was something that parents didn't really want their kids to do. If your kid was a surfer people used to go 'Oh really?'; but it's gone full circle now and people appreciate and respect the culture and I suppose the career opportunities as well.

We look at surfing as a kind of medicine or form of healing.

It's obviously physically so good for you, in the same way as yoga and meditation and those sorts of disciplines can be. It can take your mind off your problems and give the ability to focus on something, and control your mind and control your disposition and surfing has those same range of influences; you get in the water and the focus that you have to have on what is going on around you, it's such a cleansing experience.

We try to get deep with the kids into it because to be successful you can't just be fluffing around on the surface of what it is that you're doing, you have to be able to absorb yourself into it and appreciate all the elements of it and let yourself get deeply into the art-form you're involved in.

[Click on logo to visit The Surfers Group Website](#)

[Blast Off 2011, Blast Off Pictures, Barton Lynch Profile](#)



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Above: Day Three of Blast Off 2011 at North Palm Beach. Below: Free surfing prior to competition, Day Three of Blast Off.



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Top: Neville W. Cayley. Above: as a boy with sisters Alice (older) and Doris. Below: Fairy wrens [picture]nla.pic-vn4939070, Cayley, Neville W. (Neville William), 1886-1950. Part of Gould League collection of prints and watercolours of Australian birds and animals [picture] 1930-1960. Courtesy National Library of Australia and Neville W.'s personal 'bluebirds of happiness'.



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Neville William Cayley

7th of January 1886 – 17th of March 1950

One of Australia's foremost Ornithologists and artists and a man who helped begin Surf Lifesaving in Australia, is former Avalon resident Neville William Cayley. Son of Neville Henry Peniston Cayley, who came to Australia with a brother to begin a new life away from the privileges and family ties of home, and was a prolific painter of birds, Neville W was born on the Clarence River, near Yamba to Neville H.'s native-born wife Lois Emmeline, née Gregory. Two sisters, Alice and Doris were also born in subsequent years. The family moved to Cronulla, Sydney, around 1894, although Neville Snr. had been making trips to do bird paintings prior to then. A founder of the Cronulla Surf Life Saving Club in 1907 (whose first club house was an old tram) and a member of the executive of the Surf Life Saving Association of Australia and the Royal Life Saving Society, Neville W worked with a passion collating and creating pictures to extend and establish an extensive knowledge of Australian birds.

Neville W shared his father's love of these feathered creatures and they steered and dominated his life from soon after the publication of his first booklet Our Birds. His increasing fascination with ornithology led to a more scientific approach and dedication to recording previously unknown facts regarding many species of Australian avian. Several books, illustrated by his wonderful and accurate paintings, including the ephemeral What Bird is That? first published in 1931 and reprinted several times (re-released this year), were followed by Australian Finches in Bush and Aviary ... (1932), Budgerigars in Bush and Aviary (1933), Australian Parrots ... (1938) and The Fairy Wrens of Australia; The Bluebirds of Happiness (1949).

Mr Cayley worked incessantly, painting, field studies, touring our nation giving Lectures or Talks in any forum available, including radio. His exhibitions occurred regularly and his works were so popular it is difficult to lay your hands on a true original today. Besides attending to this 'touring' side of his life he was also a council-member of the Royal Zoological Society of New South Wales and became president 1932-33, was a member of the Royal Australasian Ornithologists' Union and its president 1936-37, the Gould League of Bird Lovers and the Wild Life Preservation Society of Australia, and a trustee of the National Park in 1937-48.


This large workload and his seemingly driven nature may be attributed to two influences. He inherited his father's health battles with his kidneys, originally termed 'Bright's Disease' and his personal life was marked by tragedies, although, had he lived to a ripe old age, he would be aware of wonderful grandchildren and great grandchildren today. On 15 December 1917 at Marrickville Cayley married Beatrice Lucy Doust(1889-1927), grand daughter of Robert Dunlop, Newtown councillor and Wesleyan church teacher. Beatrice died in childbirth, their daughter also being stillborn, in January of 1927 leaving behind sons Neville Clive (then 7) and Glenn Digby (just 2). This kind and gentle lady had already experienced a series of children being lost or stillborn. The toll of Neville W., who clearly was devoted to his 'beloved wife', and his very young sons, must have been devastating.

Neville Clive (1920-1992) was sent to boarding school, grew tall, served in the Army during World War II, becoming engaged to Gladys Thiele of Bundaberg in 1943, and on being released from Service became a farmer at Alloway, just outside of Bundaberg. They had a son, Neville David, and daughter, Joan Lesley. Neville D. and his wife Elvira have three children, grandchildren and a close family. Glenn Digby (1924-1958), on becoming old enough, was also sent to boarding school. He became engaged to Patricia Solway the year after his father's passing. They had a daughter Susan (1954) and a son, also named Glenn (1958). Glenn Digby (Snr.), whose birth announcement did not appear until six months after his arrival, was killed in a logging accident in 1958. His darling daughter was killed when she chased a ball onto the road one to three weeks later, running straight into the only taxi in the town Macksville, where Pat had gone straight after her husband's death. Four year old Susan was killed instantly. Fortunately Pat had Glenn jnr., then a few weeks old only, to hold in her arms. Pat herself passed in 2010. Glenn jnr. has one child and another on the way.

Neville William Cayley, having battled with his inherited kidney disorder all of his life, and spending the last eight months of his years here bedridden, not a state his nature could accommodate easily, passed away in his Avalon home in 1950 from a stroke and heart attack. His second wife, a divorcee Phyllis Mary Linton, née Goodson, whom he had married in 1944, and two daughters from her first marriage, lived with him in the house in Wollstonecraft Avenue, Avalon. He, and his father's dedication to our birds, and the scope of the works they contributed to our heritage, are still regarded so highly many contemporary ornithologists dedicate their works to one or the other.

Our sincere and grateful thanks go to Neville David Cayley, grandson, for assisting us with this work.

Further: In Files Below on 1. Neville W. Cayley and 2. His Family (parents, sisters and sons).

 [Neville W CayleyResearch.pdf](#)
Size : 517.434 Kb
Type : pdf

 [Neville Cayley Family Research.pdf](#)
Size : 64.232 Kb
Type : pdf

Cayley Family 2011



Above: Neville David Cayley, wife Elvira, daughters Donna and Susan, son Dean, husbands, wives and grandchildren, taken at 2010 wedding.

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Voting for the **People's Choice Awards of the Hands Across Australia School Song Competition** opens on Monday 3rd October and closes on 14th October.

Over 130 schools have entered the 2011 Hands Across Australia School Song Competition. Hundreds of students from schools across the country have performed and reformed the GenerationOne theme song 'Hands Across Australia' to raise awareness about ending Aboriginal disadvantage.

Madeleine Madden, Song Competition Ambassador, encourages all schools to take part to end Indigenous disadvantage, "**big, small, young and old; everyone can make a difference**" she said.

This is your chance to make your vote count and show your support for the schools that have entered. Visit <http://peopleschoice.generationone.org.au/> to cast your vote.



Our Profile of the Week for this Issue is The Surfer's Group who have some great ideas on how to approach your surfing but also offer Mentorship Programs to develop your self.

Successful youth transitions

Achieving the transition to adulthood is not straightforward. This briefing paper defines a successful youth transition based on previous research and considers a range of factors that affect transitions. A number of interventions which can help young people make a successful youth transition are also discussed.

No charge for mobile phone calls to Lifeline from anywhere in Australia

Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

For works now archived and available to all, please visit:
<http://www.archive.org/>

New Website for Northern Beaches Youth

Manly Council has recently launched a website for young people that is run by young people on the Northern Beaches. Any young people with web design skills who want to get involved in the project are very welcome. Manly Council also posts activities and events on their Facebook and MySpace Youth sites. If you Friend them you'll get the most up to date info. Links for all are posted below:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

Call for youth to represent young Australians

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: Young people across Australia have the opportunity to represent their peers on an influential committee which drives public debate and community engagement on youth issues. The Australian Youth Forum is about engaging young people and the youth sector in an ongoing public debate on issues that affect the lives of young Australians. The Australian Youth Forum was established in 2008 as a formal communication channel between the Australian Government, young people (aged 15-24) and the youth sector.

Tagged film to help Australia's kids get cybersmart | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. Tagged film to help Australia's kids get cybersmart. Tagged, a new short film to help educate young people about cyberbullying, sexting and protecting their digital reputation, was today launched by the Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy.

HORDERN PAVILLION: Breakout Under 18s Music Festival brings some of the world's biggest names in dance and urban music to Australia's youth for the very first time. The line-up features LMFAO (USA), The Bloody Beetroots (Italy), Afrojack (Neth.), Ferry Corsten (Neth.), The Potbelleez, 360 and many more. Breakout organisers promise some of the globe's biggest names and are expecting both events to break records for an under 18s event in Australia. The festival will feature multiple stages and a number of yet-to-be-announced attractions.

Entry is restricted to people aged 13 - 17 years (Photo ID required). Tickets: [HERE](#)
Featuring:

LMFAO, The Bloody Beetroots, Afrojack, Armin Van Buuren (Syd only), Ferry Corsten (Melb only), The Potbelleez, 360, Marvin Priest, Diafrix, Xzibit (Melb only) Phrase (Syd only), DJ IZM (Bliss N Eso)



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Federal Government Media Releases this Week

[2011 Media Release: Launching Age Positive: time to buck age stereotypes](#)

PORTFOLIO: Attorney-General's
 SNIPPET: 'We've invited people from the community to send in their positive stories of ageing, and their photographs, so that people can view them - not only for inspiration, but also so they can see that the stereotypes that have developed in our community about older people are flat out wrong in most cases,' said Commissioner Ryan. Ms Ryan said that negative stereotypes about older people are not only causing discrimination in employment practices and the provision of financial services, but in an environment of skills shortages, they are costing both businesses and the community economically.

Independent Website for Elders:

<http://www.agedcarecrisis.com/about>

About us

We are an independent group of Australian citizens, who are deeply concerned at the provision of aged care in Australia, specifically the delivery of quality care for our elderly and frail citizens, including those who are residents of aged care facilities.

We do not receive any funding

We are not affiliated with any government body

We are not affiliated with any religious body

We are completely independent

www.agedcarecrisis.com provides a voice for elderly and frail citizens in Australia

The Senior Newspaper Online

Click on logo:



Red-Necked Avocets at Lake Eyre

George Philip Smythe



Red-necked Avocet, seen on Rottnest Island. Date 17 December 2010 Author Grahame

Lake Eyre, when full is a spectacular sight. It is the birdlife, much more than an expanse of water, that makes it so. Recent floods in Queensland, which have reached this area over the last few weeks (they take around four months to filter around 1600 km through the Georgina Creek and Diamantina Creeks), and since January this year bring with them, and each large sized rainfall, flushes of fish which fill the lake and make it a perfect breeding ground. "Warburton Groove" (large trench) at the top of Lake Eyre (north) also funnels rains into the lake. The Warburton river meanders through the Queensland channel country and is joined by the Macumba River and the Kallakooah Creek, before flowing into Lake Eyre. These water flows in turn bring flocks of bird-lovers who can base themselves at Mungarannie, Marree, William Creek, or Oodnadatta (south area of lake) and Birdsville. It truly is like a watered garden has sprung up everywhere and brings with it a profound swelling in the land itself, not just its trees, animals, fish and birds. Witnessing what we were told was a smaller version of this (2004 was when the lake was last 'full') was the most wondrous way to see this year's Winter departing and Spring, literally, chorusing upwards in a great surge from our Australian earth. Some may say that each season has a mantle that it dons thicker and thinner though each week. To Mildred and I it is more a skin that rises, from all woven in it, and may very well be petals of flowers in one place, that meets great expanses of water that have, as part of them, the varicoloured amassed soft feathers of wings.

The rains that have caused flooding throughout so many areas of Australia this year have not filled the lake, despite their volume compared to other years, and as at the end of September, are receding, or, a 'trickle'. The South Australian Government's Department of Environment and Resources website reports that coverage is about 50% at present. Wind can also play a vital factor in the edges of the lake as it rises with the Spring and blows what water there is, shifting its placement and boundaries. See: [HERE](#)

This site reports that vantage points from Halligan Bay and Level Post Bay (north) still contain water for we who like to spend time immersed in the world of birds. Their Bulletin reports that the Halligan Bay Track is closed due to recent rains and asks visitors to be aware that many are using the Bush tracks (Level Post Bay Track) and to exercise caution and respect for the fragile environment all are driving through. Also on the Northern edge of Lake Eyre is Kalamurina Station, a wildlife sanctuary which is roughly the size of Tasmania and covers the last 100km of the Warburton river and the whole of the North Shore of the lake. The Australian Wildlife Conservancy (AWC) acquired Kalamurina station in December 2007 and as such it represents one of the largest non-government reserves in the world (1.7million acres/667,000 hectares). The Bird Count here is over 160 species of not only migratory birds but also locals who live in and under the Coolabah trees; Major Mitchell's cockatoo and the Australian Bustard are two fine examples. There are also a lot of mammals such as the Dusky Hopping Mouse and endangered Crest-tailed Mulgara.

Mildred has already spoken about the vast numbers of pelicans that visit this lake when it is an abundant source of food. I'd like to focus on the elegant avocet, emblem of the RSPB (English The Royal Society for the Protection of Birds) and symbol of the bird protection movement in the UK more than any other species due to its return in the 1940s and subsequent increase representing one of the most successful conservation and protection projects. I do have a fondness for our own Emus, symbol of Birds Australia, but as we are Pittwater people, coastal people, it is the waterbirds and tree birds that we feel attuned to. Red-necked avocets *Recurvirostra novaehollandiae* become residents of Lake Eyre and many inland waterways. Seeming to know when waters have made an area a perfect breeding ground and habitable. These they will also migrate to coastal areas when they dry up again or in Summer if there have been no inland rains. Also called Cobbler, Cobbler's Awl, Painted Lady, Scooper, Trumpeter and Yelper, these 42cm birds are endemic Australian waders and to me define a relationship with the 'nomadic' tendencies of waters in our interior, and their ability to 'spring' gardens suddenly upon us that illustrates what is flux, flow, and ultimately a dual 'swell, swell, swell' where what is within is clearly manifested without.

I will get to other birds from our visit in coming weeks. GPS.

Further;

Birds Australia; <http://www.birdsaustralia.com.au/>
 Birds Australia (Birds in Backyards Project has lists of Birds and Facts): <http://birdsbackyards.net/>
 Current Lake Eyre Aerial Map (26/89/11): <http://www.lakeeyre.com/Status/latest.html#bottom>
 Kalamurina Station; <http://www.australianwildlife.org/AWC-Sanctuaries/Kalamurina-Wildlife-Sanctuary.aspx>

Avalon Computer Pals for Seniors

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about \$30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help.

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or ring the co-ordinator Jenny McLaughlin on 02 9999 1348

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Be PART OF AN EXCITING NEW GOVERNMENT INITIATIVE FOR PEOPLE OVER 65

- Is remaining independent important to you?
- Are you finding it difficult to do the things you would like to do? e.g. shopping, catching the bus, leisure activities or just getting around.



Community Care (Northern Beaches) is seeking participants for a short term program, which aims to assist you to be able to do things that are important to you.

- The program may include advice and support with:-
- ♦ An appropriate exercise or strengthening program
 - ♦ Nutrition
 - ♦ Home modifications
 - ♦ Assistive technology
 - ♦ Social and leisure activities

For more information or to register please phone.

Call Kerrie on 9979 7677



Contact Community Care Northern Beaches by clicking their logo:



Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

- Better manage weight, blood sugars, blood pressure and cholesterol
- Improve fitness, balance, co-ordination and flexibility
- Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you.

Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. \$8.00 casual

Phone Ingrid to secure your spot on 0405 457 063.

www.heartfoundation.org.au



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Corn



With fresh new season Spring corn appearing in our vegetable shops and at a reasonable price, it's time to share a favourite corn fritters or pancakes recipe with you. These can be either the traditional corn fritters version or a simpler thick pancake recipe (unsweetened) to which you add fresh kernals of corn and cook as you would any other pancake. Corn Fritters are a bit more work but well worth it.

Ingredients

1 cup Self-Raising Flour
1/2 cup buttermilk
2 eggs
420g corn kernels (2-3 cobs)
310g can creamed corn
1/4 cup finely chopped chives
olive oil cooking spray

condiment of your choice to serve
finely sliced spring onion

Method

Sift flour into a large bowl. Season with salt and pepper. Stir until well combined. Make a well in the centre. Whisk buttermilk and eggs in a jug. Add to flour mixture with corn kernels, creamed corn and chives. Using a large metal spoon, gently fold ingredients together until combined (don't overmix). Preheat oven to 150°C. Heat a non-stick frying pan. Try to keep frypan at a steady heat to ensure your 'fritters' are light, golden and cooked through. Spray with oil. Return frying pan to heat. Add spoonfuls of mixture. Cook for approximately 2 minutes or until bubbles appear on surface. Turn. Cook for a further 2 minutes or until fritters are firm to the touch. Keep warm in oven while cooking remaining. Serve ASAP with condiments and decorate with spring onion.

Illustration depicting both male and female flowers of maize by Franz Eugen Köhler, Köhler's Medizinal-Pflanzen. 1897.



Sweet corn (*Zea mays convar. saccharata var. rugosa*; also called Indian corn, sugar corn, and pole corn) is a variety of maize with a high sugar content. **Maize** (*Zea mays L. ssp. mays*, pronounced /'meiz/; from Spanish: maíz after Taíno mahiz,) known in many English-speaking countries as corn or mielle/mealie, is a grain domesticated by indigenous peoples in Mesoamerica in prehistoric times. The leafy stalk produces ears which contain seeds called kernels. Though technically a grain, maize kernels are used in cooking as a vegetable or starch. The Olmec and Mayans cultivated it in numerous varieties throughout central and southern Mexico, cooked, ground or processed through nixtamalization. Between 1700 and 1250 BCE, the crop spread through much of the Americas. Sweet corn is the result of a naturally occurring recessive mutation in the genes which control conversion of sugar to starch inside the endosperm of the corn kernel. Unlike field corn varieties, which are harvested when the kernels are dry and mature (dent stage), sweet corn is picked when immature (milk stage) and prepared and eaten as a vegetable, rather than a grain.

History

Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The Iroquois gave the first recorded sweet corn (called Papoon) to European settlers in 1779. It soon became a popular vegetable in southern and central regions of the United States. Open pollinated varieties of white sweet corn started to become widely available in the United States in the 19th century. Two of the most enduring varieties, still available today, are *Country Gentleman* (a Shoepeg corn with small, white kernels in irregular rows) and *Stowell's Evergreen*.

Health benefits

Cooked sweet corn has significant antioxidant activity, which has been suggested to reduce the chance of heart disease and cancer, although this has not been definitively proven in practice. "There is a notion that processed fruits and vegetables have a lower nutritional value than fresh produce. Those original notions seem to be false, as cooked sweet corn retains its antioxidant activity, despite the loss of vitamin C," says Rui Hai Liu assistant professor of food science at Cornell University. The scientists measured the antioxidants' ability to quench free radicals, which cause damage to the body from oxidation. Cooked sweet corn also releases increased levels of ferulic acid, which provides health benefits, such as battling cancer. "When you cook it, you release it, and what you are losing in vitamin C, you are gaining in ferulic acid and total antioxidant activity."

Sweet corn. (2011, September 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Sweet_corn&oldid=448849145

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Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

For Bird Counts on a Weekly Update basis, suscribe to [Birdline](#)

Birdline NSW is sponsored by [Birding NSW](#), [Birds Australia - Southern NSW & ACT](#) and [Cumberland Bird Observers Club](#) and co-ordinated and hosted by [Eremaea Birds](#).



Above: UFO's in Australia. Producer: www.australianufowave.com

WIN a copy of The Bippolo Seed signed by Hugh Jackman!



Hugh read The Bippolo Seed to some very sick kids while visiting The Children's Hospital at Westmead last weekend and we have one copy signed by him to give away! To be in the running to win it, email us at promotions@harpercollins.com.au by 31/10/11 and tell us what your favourite Seuss book is and why. Extra points if it rhymes!

\$2 from the sale of each copy between 27th Sept & 31st Oct will go to helping The Children's Hospital at Westmead!

The amazing stories are full of typical Seuss humour, rhyme and rhythm and are all beautifully illustrated.

They include 'The Bippolo Seed', in which a scheming cat leads an innocent duck to make a bad decision ... [From Harper Collins Australia](#)

CSIRO Publishing had 3 books recieve certificates of commendation at the 2011 Whitley Awards. Hosted by the Royal Zoological Society of New South Wales, the annual Whitley Awards are presented to exceptional new publications dealing with the fauna of Australasia. The Books by CSIRO that we should all take not of are:

Commendation for Regional Natural History:

A Bush Capital Year

A Natural History of the Canberra Region

Ian Fraser, Peter Marsack

Follows a year in the nature reserves, rural and suburban areas of the ACT.

2011 - CSIRO PUBLISHING - 9780643101555 - \$49.95 - Also available as an eBook

Commendation for Ecological Zoology:

Forest Phoenix

How a Great Forest Recovers After Wildfire

David Lindenmayer, David Blair, Lachlan McBurney, Sam Banks

The moving story of ecological forest recovery in the wet forests of Victoria following February 2009 wildfires.

2010 - CSIRO PUBLISHING - 9780643100343 - \$39.95 - Also available as an eBook

Commendation for Field Guide:

A Guide to the Katydid's of Australia

David Rentz

Explores this diverse group of commonly seen insects, comprising about 2000 species in Australia.

2010 - CSIRO PUBLISHING - 9780643095540 - \$49.95 - Also available as an eBook
More Information on all three Available [HERE](#)



Horrific !!!!!

An urgent petition has just been started on Change.org in response to the shocking footage aired on 6.30pm with George Negus this week.

Raccoon dogs, a relative of domestic dogs foxes, are being brutally maimed, then skinned alive on Chinese fur farms. Unbelievably, the fur is being used to make Australian clothes.

Humane Society International have started a petition on Change.org to put an end to this disgusting practice, and ensure Australia never plays a part in it again. Stand with them - click here to sign the petition!

A ban on the importation of dog and cat fur has been in place since 2004, but the government has so far refused to extend it to other animals farmed inhumanely.

A huge public outcry right now can ensure that the ban on fur importation is extended to include raccoon dog fur and that fur is labelled correctly in Australian stores. A petition to Brendon Fraser, Minister in charge of this Portfolio, is below.

[Sign the petition here.](#)



[Google+ Now Lets You Lock Down Posts Before Publishing](#) - mashable.com

One of the distinctive features of Google+ is that it lets you disable comments and lock down posts from sharing, but so far, you were only able to do it after you share a post. Now, you can do...



[Are You Disclosing? What You Need to Know about FTC Rules and Social Media](#) - socialmediaexaminer.com

Federal Trade Commission Rules and Regulations: Everything bloggers, social media marketers, consultants, PR agencies and their employees need to know.



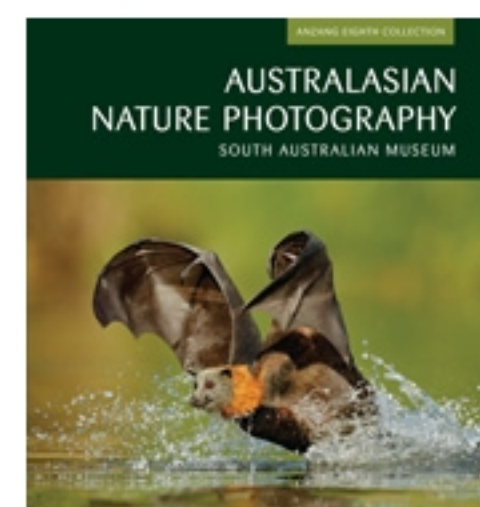
[If Google's Management Doesn't Use Google+, Then Why Should You?](#) - mashable.com

One of the most important rules in software is to eat your own dog food. The concept is simple: if you have confidence in your product, you should be using it. Perhaps somebody should tell...



eBooks

CSIRO PUBLISHING now offer most of our new releases as eBooks, as well as a large number of important backlist titles. If you are new to eBooks, or would like more information about CSIRO PUBLISHING's eBook products



[Australasian Nature Photography](#)

ANZANG Eighth Collection
Australasian Nature Photography Series
South Australian Museum

Australasian Nature Photography: ANZANG Eighth Collection presents the finest photographs submitted to the ANZANG Nature Photographer of the Year competition. Each photograph is accompanied by technical information as well as anecdotes about how the picture was taken, which will stimulate yet further interest in the flora and fauna and their conservation in the region.

Congratulations to Ofer Levy who has won the 2011 ANZANG Nature Photographer of the Year, and to all the category winners featured in the book.



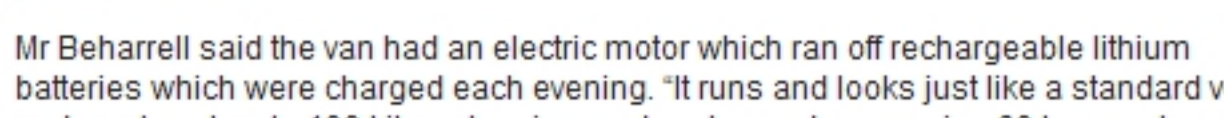
[Marine and Freshwater Research](#)

Volume 62 Number 9 2011, September 21; Special Issue: Climate Change and Australian Aquatic Environments, Fish and Fisheries

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ELECTRIFYING TRANSPORT AT EXPO: TODAY !!

Pittwater's second Sustainable Living Expo will feature an electric vehicle displayed by the Automotive Electrical Association. The Expo, to be held at Mona Vale Memorial Hall and Village Park on Sunday 9 October, has already attracted over 40 exhibitors, 17 workshop presentations and 8 speakers.

Mark Beharrell from Pittwater Council, which is hosting the event along with the community group Climate Action Pittwater, says the display by the Australian Electric Vehicle Association was just one of several Expo highlights.

Mr Beharrell said the van had an electric motor which ran off rechargeable lithium batteries which were charged each evening. "It runs and looks just like a standard vehicle and can travel up to 100 kilometres to make day to day speeds averaging 50 kms an hour."

Other highlights of the Expo include:
- a Green Forum - ask the experts how to make your home or unit more energy efficient
- a live chicken coop and native Australian animals

- workshops and speakers on reducing home and business energy costs
- workshops on reducing water consumption, water harvesting, saving and storing water
- a workshop on chemical free pest management

- a workshop on low energy earth wall construction
- products that are free of toxic chemicals to clean your home and wash your clothes
- exhibits of solar hot water panels

- exhibits of solar hot water systems
- community gardens and permaculture
- a display and workshop on non-toxic paints and oils

- a workshop on sustainable cooking and menu planning
- free entertainment with an environmental theme for children
- calculating your ecological footprint with help from Bigloa Plateau school students.

The Sustainable Living Expo starts at 9am and ends at 4pm on Sunday 9 October. Entry is free to the public for full details visit www.pittwater.nsw.gov.au/sustainablelivingexpo

A BIRD LOVER'S BONANZA

In a must for bird lovers, the Coastal Environment Centre is hosting an all-day Birding Essentials Workshop on Sunday 23 October 2011. The comprehensive workshop will include field trips and presentations from birding experts Dr Terry Saunders and Louise Egerton.

The workshop is suitable for all levels of birding enthusiasts and will cover topics such as birding skills, feather colours, nesting and camouflage as well as tips on creating bird habitat in an urban environment. The field trips will visit local birding hotspots on the northern beaches including the Warriewood Wetlands, Deep Creek Reserve and Jamieson Park.

The Council's Natural Environment & Education Manager Mark Beharrell said the field trips would show the diversity of bird life and the difference in bird populations between coastal and inland environments.

The cost for the all-day workshop, which includes morning and afternoon tea and a free picnic lunch, is \$95 per person. A resource folder and guidebook is also included in the cost.

Participants are asked to bring their own picnic lunch, a sun hat, sunscreen, insect repellent, sturdy shoes and comfortable clothes. They should also bring a notepad and pen, water, a small backpack, towel and a camera if preferred.

Registration is at 7.30am at the Coastal Environment Centre, located at Lake Park Road, North Narrabeen. For further information visit www.pittwater.nsw.gov.au/environment/cec and click on events or email cec@pittwater.nsw.gov.au or call 9970 1675 for details.

IS YOUR SWIMMING POOL SAFE?

With around 5000 backyard pools registered in Pittwater, local residents are being invited to free information sessions during October on keeping their pools safe and healthy. The sessions are being hosted by the Council on Wednesday 26 October at Pittwater Rugby Park, North Narrabeen.

Topics covered include how to fence a pool safely and keeping it maintained; a summary of the laws affecting pool fencing and how to make backyard pools energy efficient. Guest speakers from local pool companies will also give advice on keeping pool water clean and healthy, while Council staff will be on hand to discuss any compliance issues residents may have. There will also be a special tip on Royal Life Saving NSW on dealing with emergencies in backyard pools.

The Council's Compliance Manager Jeff Lofly said with summer coming, the sessions were ideal for pool owners needing guidance. "Statistics show that the leading cause of drowning in young children is accidentally falling into a backyard pool," he said. "These sessions will give residents the advice and help they need to keep their pool safe this summer."

The free information sessions are on between 11am and 1pm or 6.30pm to 8.30pm on Wednesday 26 October, light refreshments will be served.

To book into either session, phone 9970 1194 or email ecopool@pittwater.nsw.gov.au

Put your Foot down walk for Pancreatic Cancer To raise funds for pancreatic cancer research

Date: 30th Oct 2011 Time: 9am - 3pm

5 km walk along Palm Beach with eggbacon rolls/refreshments sold beforehand and a sausage sizzle afterwards.

Set up (Registration desk/refreshments/merchandise and food stall) beside Dunes/Childrens play area at Governor Phillip Park. This is our 3rd walk for pancreatic cancer at Palm Beach. Net proceeds will be given to the Gavan Institute for pancreatic Cancer Research

Venue: Carmine Kelly on 0415 550 371 Contact: Carmine Kelly on 0415 550 371 Organisation: Amer Nahanani Pancreatic Cancer Foundation raising funds for the Gavan Institute. Email: amandcaro@mac.com Website: www.amersfund.org.au or <http://www.ovingaanran.org.au/auvers>

SONGS FOR SOIBADA II A CHARITY CONCERT TO SUPPORT CHILDREN IN SOIBADA (EAST TIMOR)

STARRING: TOM BURLINSON 'GIRLS ON FILM' MANDY CARNIE, DANIELLE BARNES DALE BURRIDGE & DANIELLE EVERETT (PHANTOM OF THE OPERA) DAVID MALEK (ASPECTS OF LOVE) DEAN MACRAE (MISS SAIGON) SAMANTHA SHAW (LES MISERABLES) BEN REID (TAP DOGS) SIMON HYLAND (THE BOY FROM OZ)

FRIDAY 28TH OCTOBER 2011 • 7:30PM MARANA COMPLEX • MATER MARIA CATHOLIC COLLEGE 5 FOREST RD, WARRIEWOOD

TICKETS: \$45 ON SALE FROM THURSDAY 4TH OCTOBER FROM PITTVATER PARISH OFFICE 9997 7211 OR AT THE OFFICE OF THE PASTORS ON THE WEEKEND OF 15 & 16 OCTOBER AND 22 & 23 OCTOBER AT MARIA REGINA CHURCH, AVALON AND SACRED HEART CHURCH MONA VALE. For more information visit www.pittwaterheralds.org OR WWW.PITTVATERHERALDSFORSOIBADA.ORG

Songs for Soibada II also on sale at Patenders & Peppersots Art Cafe, Avalon.

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED Mind your Mind. Answers to some of your questions on how to look after your memory and how to keep your brain healthy.

Date: 12th Oct 2011, Time: 10am - 12:30pm

Free event for Dementia Awareness Week 2011, coordinated by Community Care Northern Beaches and Alzheimer's Australia NSW. Hear the experts advise you about the difference between normal forgetfulness and dementia. Discover new ideas about keeping your brain "fit" and memory sharp.

Venue: Pittwater RSL Auditorium, Cnr Foley and Mona Vale Rd, Mona Vale RSVP: by October 7 to Libby Palmer from (CCNB) on 9979 7677 or libby@ccnb.com.au Refreshments included

Ever wanted to know what it would be like to own a trailer boat? Then come to Try Boating Day on Sunday 16 October 2011. Try Boating Day is an opportunity for you to experience the lifestyle that owning a trailer boat can give you. A number of trailer boat retailers from around Sydney will bring their boats out to the day and give you the chance to go out with them on some of Sydney's most beautiful waterways. Try Boating Day will be held at Rowland Reserve, Bayview. This is a free event however pre-registration is required.

Click here to register now!

Boat capacities vary at each location. Try Boating Days are very popular and we ask all guests to please be patient during peak periods. Persons under 18 years of age must be accompanied by a parent or legal guardian. All guests must strictly adhere to any instructions given by the vessel skipper. Try Boating Day team members can refuse participation for intoxication or unruly behaviour.

Website: www.bia.org.au Phone: 02 9439 2077 Email: info@bia.org.au

Technology Morning Tea for Women

A digital morning tea for women exploring Skype, Photoscape and Sketchup. Date: 17th Oct 2011, Time: 10:30am - 12pm

Brush up your technology skills and have fun with our own learning how to use Skype, Photoscape and Sketchup. Cost entry is by a gold coin donation. All funds raised donated to the Pink Ribbon Campaign.

Venue: Mona Vale Library 1 Park Street Mona Vale Contact: 9448 4429 Website: www.nslrafensw.edu.au

Art Show

Art show featuring local artists at Elnora Heights Community Centre Pre School. Date: 22nd Oct 2011, Time: 9am - 5pm

Art show featuring local artists Show will be held on 22 & 23 October 2011. Venue: Elnora Heights Community Centre Pre school - 49a Kalang Road, Elnora Heights. Contact: Isabel Groenewijk by email info@elleanorpreschool.com Website: <http://elleanorpreschool.com/>

See the film - Join the discussion BUDRUS

Award winning inspiring film. It takes a village to unite the most divided people on earth. Amnesty International (Avalon) and AVALON BAPTIST CHURCH

INVITE YOU to come and bring your friends. SUNDAY 23rd OCTOBER 5:00 - 7:30 PM

AVALLON BAPTIST CHURCH 2 George Street, Avalon Special speaker: Dr. Vacy Vialon (Q and A)

A Palestinian village - a biblical barrier being built across its olive groves. They united local Faith and Hamas, on Hebron's Arafat's supporters, and saved the village from destruction. The engineer's 15 year old daughter brought in and led the women. They succeeded and set an example, in a country in the midst of huge conflict.

Free entry - Free Supper (Donations to Amnesty International Aust.) kath_moooy@hotmail.com 9918 2502

Breakfast with the Birds & Bird Survey at Warriewood Wetlands Sunday 30th of October

Summer breeding birds will be here. Sydney Freshwater Wetlands are a rare habitat in Sydney. Bring Binoculars if possible. We can lend water. Cost: Tea/coffee and cake \$2.00. To Book: 9918 3369 or pnhair@pnhair.com

Powerhouse Museum

The Wonders of the World exhibition. Discover the magical world of The Wonders in a wonderful new Anthony, Jeff, Murray and Sam and their friends including Dorothy the Dinosaur, Wags the Dog, Henry the Octopus and Captain Featherword. more... From: <http://www.powerhousemuseum.com/exhibitions/coming.php>

Floriade 2011 Commonwealth Park Canberra 17th September - 16th October 2011

Floriade 2011 is Australia's celebration of spring. Featuring more than a million blooms in a backdrop, Commonwealth Park in Canberra explodes into colourful bloom with fantastic entertainments, displays and a whole programme celebrating a set theme each year.

Be captivated by exhibitions and displays to inspire a taste of fresh and healthy living, spring sensibilities including fashion displays, floral art, crafts and fine art, horticultural displays and practical tips and advice on home safety and outdoor living from noted celebrities and experts.

Floriade Packages. A series of lectures from Museum curators, experts and special guests. Free with Museum entry. Click on logo for more details.

Talks After Noon after noon

at the Pittwater Museum. A series of lectures from Museum curators, experts and special guests. Free with Museum entry. Click on logo for more details.

Spring Markets Update

It is warming up again as we spring into market season! Mark your calendars with the following market dates for 2011.

Palm Beach Markets. Looking for a nice way to spend a Sunday? Why not visit the Palm Beach Markets? You can browse a variety of stalls and listen to the music from 9am until 3pm. The markets are held in Governor Phillip Park (next to Dunes Restaurant).

Mona Vale's Twilight Markets. The markets are held from 5pm until 9pm in Village Park Mona Vale. Bring your picnic rug, enjoy tasty food and a glass of wine. You can even browse a variety of stalls selling jewellery and fashion while enjoying live entertainment.

Friday 21 October, Monday, Friday 4 November, Friday 18 November. For more information on Markets in Pittwater and surrounding areas visit www.pittwater.nsw.gov.au/markets

NEXT MEETING

Date: 8 October 2011 Venue: Berry Hall, Trashed Arts & Community Centre, 1395A Pittwater Road, Narrabeen Time: 2.15pm - 4.00pm Speaker: Howard Clark

Title: History of the Northern Beaches Tramways. Howard Clark has been the chairman of the Sydney Tramway Museum for many years. Over this period the collection at Loftus has greatly expanded with additions being made from all over the world. Howard will be presenting a talk on the system that at one stage stretched from the Spitting to Narrabeen.

Historical Society Established in 1924. One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical memorabilia, documents and research. Membership at: <http://www.mhsh.org.au>

Bayview Golf Club Corporate Challenge Cup

Friday 28th October 2011. As a member of our local business community Bayview Golf Club would like to invite you to participate in the 2011 Corporate Cup. This event is for local companies who may wish to entertain clients or reward staff by competing and networking against other local businesses at a local corporate golf day.

The format of the day begins with registration and breakfast at 7.00am, followed by a shotgun start for 18 holes of golf and lunch and drinks, including a guest speaker, with activities due to conclude by 3pm. Last year the entry cost for a team of 4 was \$700. Given the challenges that all companies are facing in this economic environment we have reduced the cost this year to \$500 per team.

Even in this challenging climate I am sure that many companies still want to strengthen the relationship with their customers and clients. Included in the day will be some great prizes. Pacific Boating are supplying a magnificent first prize which includes 4 hours of cruising (including skipper) in one of their magnificent fleet of yachts - valued at \$2,400.00. There are other team prizes as well as individual, long drive and NTP's.

The attached flyer (file below) summarizes the day and provides the contact details for you to book your team of four. Please act quickly as we have a maximum field of 30 teams and entries will close last year after early rolling. Entries to be forwarded to: reception@bayviewgolfclub.com.au or faxed to (02) 9979 - 5800.

With kind regards Nigel Gibson General Manager Bayview Golf Club 1825 Pittwater Rd Mona Vale NSW 2103 02 9999 3786 www.bayviewgolfclub.com.au

Peninsula Historian

Newsletter of the Manly, Warringah & Pittwater Historical Society Inc. Compiled by Tony Dawson, Editor. 20 October 2011 4:06:08pm - 4:30pm Synopsis - Archiving the iconic: exploring community memory, meaning and pluralization

A series of intriguing, inspiring and entertaining archival and anti-archivist speakers will offer perspectives on working with cultural icons, community memory, meaning and pluralization. The day will comprise three plenary sessions: Iconic spaces, iconic people and iconic objects. Topics to be explored include autobiographical spaces, sites of witness, public secrets, whistleblowers, social media and much more.

(Cost: ASA Professional Members \$275, ASA Associate & Institutional Members \$325, Non-members \$375 - prices include morning and afternoon tea, lunch, an afternoon heritage presentation of Cone Island, Luna Park and full Symposium program) For further information about the event and program, please visit the ASA website at www.asa.org.au or contact the ASA office on 9979 7211 or email events@archivists.org.au Closing date for registrations is 23 September 2011.

Manly, Warringah and Pittwater Historical Society Inc. Established 1924 Patron: The Honourable Dr James Macken LLD

President: Jim Boyce 0402 096 089 imboyce37@gmail.com Secretary (Membership): Tony Dawson 9953 8374 dragdawsont@hotmail.com

Join us on the water and see what you can Discover

Tour SCHEDULE Saturday 6 August 2011 Upper Berowra Creek Berowra Valley Regional Park Sunday 4 September 2011 Upper Berowra Creek

Ku ring gai Chase National Park Saturday 15 October 2011 Hawkesbury River Adventure Mangamarrara Nature Reserve Sunday 13 November 2011 Lane Cove River Lane Cove National Park Saturday 3 December 2011 Akuna to Refuge Bays Ku ring gai Chase National Park

The National Parks and Reserves of Sydney's northern suburbs are a kayaking paradise. From large open waterways to quiet creek systems, hidden suburban bushland to untouched natural areas, there is a waterway suitable for all abilities. Tours are all day and are priced at just \$99.00 per participant and include kayak hire and instruction, safety equipment, Discovery Guide and park entry fee (where applicable).

Book online at: WWW.WILDWORLD.COM.AU

Frenchs Forest Public School "Old-fashioned Fair" Celebrating 95 years at Frenchs Forest Public School with fun for the whole family

Date: 30th Oct 2011 Time: 10am - 2pm Venue: Ann Street, Frenchs Forest Contact: Neroli Greenland, 0402 814 574

Come and join in the fun at the Frenchs Forest Public School "Old-fashioned Fair". Featuring: white elephant stall, pre-loved clothes, giant book sale, dessert cafe, cake stall, children's games/activities/lucky dips, raffle, thrilling rides and baking competition!

Author Talks at Mona Vale Library - Gen Kelsang Dao Gen Kelsang Dao speaking about "Modern Buddhism: The Path of Compassion and Wisdom" by Geshe Kelsang Gyatso

Date: 3rd Nov 2011 Time: 6:30pm - 8pm Cost: \$8.95 concess, cards must be shown. Venue: Mona Vale Library Contact: Catherine Budini, tel. 9970 1600 Website: <http://www.modernbuddhism.com.au/index.html> Bookings: essential tel. 9970 1600, payment required within 3 days of booking. Light refreshments provided.

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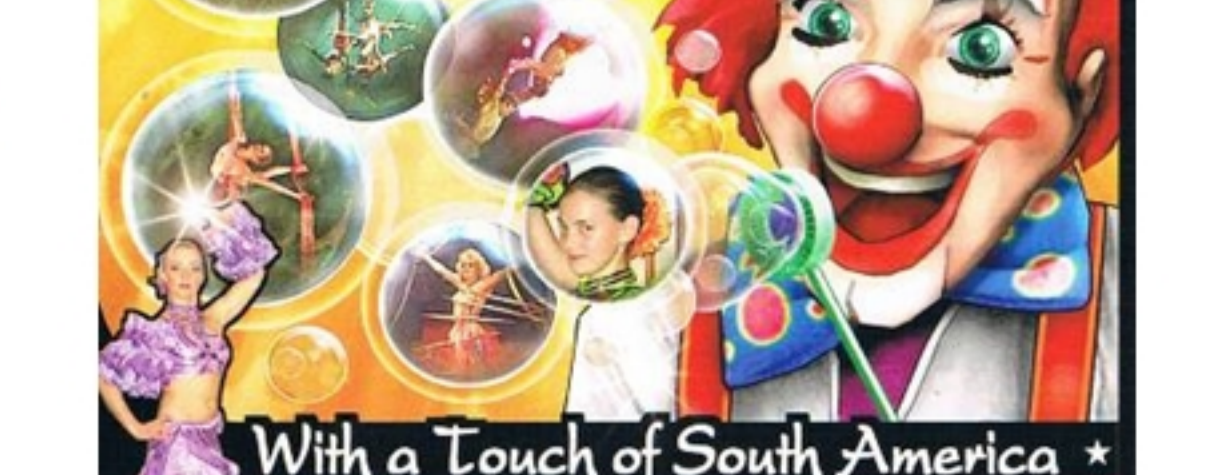
MUSEUM OF SYDNEY 18th March, 2012

Corner Phillip and Bridge Streets, Sydney. The Surf City exhibition returns to us to the beaches of the 1950s, 60s and 70s and shows how a scruffy bunch of kids on surfboards, hungry for social change, left an indelible mark on Sydney. Boardriders, shapers, writers, cultural sitters and everyday boardwalkers with attitude and sun-tanned bodies shook up the conservative city and created a new culture of freedom and hedonism. Surfboards evolved from footlocks to malibus and, eventually, to the revolutionary shortboards. Along the way, surfing emerged seamlessly into mainstream Australian life.

Adult \$10 Child/Concession \$5 | Family \$20 | Members free Open daily 9.30am – 5pm | Closed Good Friday and Christmas Day

Narrabeen Boondah Reserve, Pittwater Road 14th - 30th October \$14.00 - \$30.00

www.webercircus.com Ph: 0648 247 287



With a Touch of South America * Trapeze, Trick Ponies, High Wire, Hula Hoops, Donkey, Fire Clowns, Acrobats, Wheel of Death, Plus Much More Fun For All The Family!!

Northern Beaches Interchange Invitation: ANNUAL GENERAL MEETING

When: 25 October 2010 Time: 7:00pm Where: Banksia Room, Nelson Heather Centre, 4 Jacksons Road, Warriewood

Guest speakers: Laura & Jordan O'Reilly. Laura is the Managing Director and Jordan is the Operations Director of a local, not-for-profit, volunteer firefighting charity. Fighting Chance was set up in 2009 by their mother, Sue O'Reilly, to provide age appropriate choice-driven services to young Australians with a physical disability in the areas of employment, accommodation and advocacy.

Join us for champagne and a light supper RSVP: Friday, 21st October at 9:00 0500

Kind Regards Carolyn McKay Respite Care Support Carolyn McKay CEO Northern Beaches Interchange www.nbi.org.au

Newport School Fete is on Saturday October 15th

The Avalon Craft Cottage will be at Centro Warriewood for one week, from Monday 17th to Sunday 23rd October. The stall will be situated outside K-Mart and will be open during all normal business hours, including Thursday night and Sunday.

There will be literally hundreds of beautifully hand-crafted gift ideas for Christmas, birthdays, new babies, whatever the occasion... pottery, jewellery, stained glass, woodwork, scarves and purses, ceramics, gorgeous babywear and blankets, knitted toys, embroidered towels, screen printed tea towels... PLUS a special little gift idea - a display with absolutely beautiful girls' Christmas dresses, decorations, embroidered baby bibs/sock etc., Christmas earrings, kiddies' t-shirts, and HUNDREDS of Christmas cards.

Are you looking for a really good little cookbook either for a gift, or for yourself? We have a limited number of the 40th Birthday Fringing Phoenix. Fighting Chance was able to decide to put them in the cookbook for a while to clear the stock. This is a fantastic little book, great 'ried & true' recipes, beautifully illustrated throughout by Elaine Farrington, and now reduced from \$12 down to \$9... 25% off! So, drop in for more information about the stall, call Maureen on 99993703. Or keep up to date on all the activities of the Avalon Craft Cottage on our website or on Facebook.

Online Entry now available for Pittwater & Coffs Harbour Regatta 2012 by Damian Devine

The online entry for the 2012 Pittwater & Coffs Harbour Regatta is now live on the event website at www.pittwatercoffs.com.au. With just under 100 downloads of the Notice of Race since its release a week ago, expectations are building for a strong fleet for the start of the 31st Pittwater & Coffs Harbour Ocean race on 2nd January 2012 and the associated five race regatta.

Applications for entry close Friday 2nd December 2011. For race enquiries please contact the RPYAC Sailing Office on (02) 9999 3771 or yching@rpvac.com.au

Book launch for Growing Up with Fragile X Syndrome: The Gene Fishing Gallery, Pasadena, Church Point Saturday 9th October, 4pm - 6pm

Growing up with Fragile X Syndrome: The Gene Fishing Gallery is a new biography from long time Scottish Island resident, Robyn Iredale. Robyn is launched by fragile X (FX) and invites those living in the Pittwater area and who work in health and disability services, or who have a personal connection to or interest in fragile X, to attend.

FX syndrome is the leading cause of inherited intellectual disability and the most common known genetic cause of autism. It is found in all races and at all socio-economic levels. Latest statistics indicate 1 in 3600 males and 1 in 4000-6000 females are affected and that as many as 1 in 280 males and 1 in 125 females are carriers. Every woman in Australia one child is born who is fully affected and twelve children are born who are carriers.

Dr Iredale's book describes her extended family's journey along the FX road from Mrs Iredale's pre-diagnosis at age seven back in 1977, when awareness and support services were essentially non-existent, through the trials and the triumphs of school, sport and employment, to the present.

It also includes vital FX research and information on testing, health issues, education, behavioural challenges, likely outcomes for carriers versus those affected and describes with humour the many common personality traits shared by those affected, which will resonate with families touched by FX.

There have been plenty of academic books and first person accounts on FX but it's believed The Road to Marty Campbell is the research paper written available worldwide.

Launch speakers: Dr Paolo Totaro AM John Kelleher, Fragile X Association of Australia President Dr Robyn Iredale, author

The book's main subject, Marty Campbell, will attend the launch. RSVP by 21 October to Robyn via email robyn.iredale@anu.edu.au or ph. 9979 1096 Complimentary refreshments will be supplied.

For information on fragile x and to order a copy of Growing up with Fragile X Syndrome go to <http://www.fragilex.org.au/> or download form below

ORDER FORM.pdf Size: 7.755 Kb Type: pdf

Want to cut your electricity bill in half?

The Rotary Club of Pittwater invites you to attend a solar power seminar conducted by Australia Wide Solar, the longest serving solar power company.

You will be presented with the benefits of solar power at the Royal Motor Yacht Club Newport 1. There will be more than 40 solar panels, the financial investment made, and how you can benefit by installing a solar power system.

There comes along to this seminar on 12 October at the Royal Motor Yacht Club Newport.

If you are interested in solar power, please contact Australia Wide Solar on 02 9533 7444. Bookings are essential as spaces are strictly limited.

Australia Wide Solar 02 9533 7444 www.awsolar.com.au

Oxford Falls Triangle Bushwalk

Join Warringah Councilor Conny Harris for a family bushwalk around Oxford Falls. Date: 16th Oct 2011, Time: 8am - 11:30am

Warringah Councilor Conny Harris will show you beautiful spring flowers on walk for the whole family. You'll see Sydney sandstone and impressive hanging swamps. Organised by Friends of Narrabeen Lagoon Catchment.

Grade: Medium, Venue: Meet near 27 Morgan Road and finish at Oxford Falls Register: Email conny.harris@warringah.nsw.gov.au You must register to attend - don't just turn up on the day.

Secrets and Special Places Ecopaddle

Join Friends of Narrabeen Lagoon Catchment President Tony Carr on this new half day Ecopaddle on beautiful Narrabeen Lagoon. Date: 16th Oct 2011, Time: 1pm - 4pm

This half day kayak trip will circumnavigate this beautiful waterway. Expert commentary on its wildlife, Aboriginal history and ecology. You'll visit Deep Creek (over three of Sydney's bird species make their home here), pretty Jamieson Park beach and the Coastal Environment Centre. Grade: Easy (kayak given). Cost: \$35 per person and \$55 per person (\$48 for FoNLCC). Kayaks from a company independent of Friends of Narrabeen Lagoon Catchment. Register: Email tonycarr@ozemail.com.au You must register to attend - don't just turn up on the day.

BRW Top 4 company CEO to address PBL October seminar

How to raise a business and manage a family. Maintaining a successful career while you are raising a family is no easy task. The modern man or woman business executive does a lot of running, running a business, running a family, running meetings, running up hills, running up bills, running the bath for the babies, running the kids to school, running a home, running around like a headless chicken.

The Rowland Harris, is a husband and father to four young children - and CEO of young businesses with more than 60 staff. During the GFC downturn, Andrew's company, TDA Interiors, one of Australia's leading fit-out organisations, was ranked 4th in BRW's Start Starters list; another company was 7th. His family lives in Avalon and his businesses live in Sydney, Brisbane and Melbourne.

Andrew will be guest speaker at the October 19th Pittwater Business Limited (PBL) breakfast seminar at Bayview Golf Club. He will deliver a presentation on work/life balance packed full of handy tips and tricks to keep your cool and your sense of humor. He will explore the parallels between raising a business and managing a family as he shares his own experience in both a domestic arena and in his life.

Book now. The breakfast will be held on Wednesday, October 19, from 7.00am at Bayview Golf Club, 1825 Pittwater Road, Mona Vale. The cost for members of Pittwater Business Limited is \$35 per person and \$55 per person for non-members. Early bird prices apply up until 5pm, Friday, October 7, 2011.

To book, donate raffle prizes or for further information please contact Catherine Cathagath at PBL, tel: (02) 9907 0780 or visit www.pittwaterbusiness.com.au

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Above: Empire Theatre, Goulburn, 1945 from and courtesy of Goulburn Regional Library and [Southern Tablelands Regional Library](#). Exterior Image 791.43099447 EMP and Below: Image No.5455. Interior view showing audience and detail of decorative features. Below that: Photos: Rogers Store, Auburn St, Goulburn c.1946.



Further

[Robert Gordon MENZIES](#), [William Morris HUGHES](#), [John CURTIN](#), [Joseph Benedict CHIFLEY](#).

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A STOP ON THE ROAD TO CANBERRA

by George Repin

Once you are past Liverpool driving from Sydney to Canberra takes only three hours. There is no need to stop for a meal on the way. It was very different in the thirties, forties and fifties when, the Hume and Federal Highways for much of the way consisted of a single lane in each direction. The Hume wound up over the Razorback Mountain, past a large oak tree just like the trade mark of the, now long gone, Anthony Horderns department store, and down to Camden. The road went on to Picton and then through every township, some with very vigilant policemen, so drivers slowed down to 30 m.p.h. The Federal Highway, after passing through Collector, meandered around Lake George. It was a slow trip of five or six hours depending on the traffic and the weather, and it was usual to stop on the way to eat.

The most popular town for a break was the thriving railway centre of Goulburn. The "Queen City of the South" was surrounded by rich pastoral land and was home to factories making boots and chenille. Kenmore Hospital was nearby.

In its heyday Goulburn boasted near to a dozen cafes, milk bars and fish shops, most of them run by Greeks. The best known, not only in the town but throughout New South Wales, was the Paragon Café, which Steve and June Karangis transformed into a restaurant when they bought it in the mid 1940's. In addition to the usual standbys of steak or chops with fried egg, chips and salad, the Karangis offered fresh fish, prawns and lobsters delivered daily from the Sydney Fish Markets.

An earlier arrival in Goulburn was Jack Raftos (whose real name, Xenophon Raftopoulos, was too difficult for the locals). He came to Australia from Ithaca in 1906 and to Goulburn in about 1930. His shop, The Empire Lounge, was part of the Empire Theatre complex, a magnificent building whose outfitting and decoration, some thought, surpassed that of Sydney theatres such as the State and the Regent. Initially an elegant Tea Room with small marble-topped tables and wrought iron chairs, the Empire Lounge underwent a series of changes, responding to trends in café and restaurant design. When a gleaming soda fountain was installed in the 1930's and loges replaced the tables and chairs it became a meeting place during the day for members of local cricket, football and tennis clubs enjoying milk shakes, double malteds, ice cream sodas, parfaits, banana splits and ice cream sundaes. In the evenings the cinema crowd chose coffee. During World War II, an army camp was established nearby and the ambience changed again when meals, predominantly grills, were introduced.

Helen Chrissonopoulos, one of Jack Raftos' daughters who spent her childhood in Goulburn, recalls that before the advent of regular air services politicians travelling between Sydney and Canberra by road stopped to eat in Goulburn. She remembers Menzies (1) bouncing her on his knee and telling her never to forget her Greek heritage, and the enormous patience of Billy Hughes' wife in the face of her husband's occasional difficult behaviour. Hughes (2) insisted that his meal be served before that of his entourage and then he wanted to move on before his staff had finished theirs. Her recollections of John Curtin (3) and Ben Chifley (4) are of quiet, pleasant, modest men.

Jack Raftos moved to Sydney in 1950, opening a milk bar in King Street between Pitt and George Streets. He died in 1968.

Notes:

- (1) Robert Gordon MENZIES Prime Minister 1939-1941 and 1949-1966
- (2) William Morris HUGHES Prime Minister 1915-1923 "The Little Digger"
- (3) John CURTIN Prime Minister 1941-1945
- (4) Joseph Benedict CHIFLEY 1945-1949

Pittwater Online News

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Above: Title 102-139 King Street; The King's Hotel, Albert's Music Store, Boomerang House, May Moore photographer. 1932. Creator Hall & Co. Image No: 35059. Courtesy State Library of NSW. See our [May Moore History](#).



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Boomerang Australian Harmonicas



One of our focuses this Spring, apart from birds, waves and other seasonal inspirations, is that of music. This week in Collector's Corner we look at an instrument that may not have a lot of practical uses in terms of tools from bygone days, but does have that Spring quality of bringing music to our ears and harmony to our souls.

Harmonicas were first developed in Europe around 1821, appearing in Vienna. Richter tuning, invented by Joseph Richter, also credited with inventing the blow and draw mechanism, was created in 1826 and adopted nearly universally. In Germany, violin manufacturer Mr. Meisel from Klingenthal bought a harmonica with chambers (Kanzellen) at the Exhibition in Braunschweig in 1824. He and the ironworker Langhammer in the 3-mile-away Graslitz copied the instruments; by 1827 they had produced hundreds of harmonicas. Many others followed in Germany and also nearby in what would later become Czechoslovakia

In 1857, Matthias Hohner, a clockmaker from Trossingen, started producing harmonicas. He became the first person to mass-produce them using machine-cutting firms. By 1868, he was supplying the United States. By the 1920s, the diatonic harmonica had largely reached its modern form. Other types followed soon thereafter, including the various tremolo and octave harmonicas. Boomerang harmonicas, made by German Seydel, first appeared in Sydney in 1897 and were sold by Jacques Albert and his son Frank. Those pictured here from our collection are a Boomerang C (1920) 10 hole with 20 reeds and the Boomerang Chromorgan (1936) with external spring. These humble instruments helped to found one of Australia's first and foremost music empires.

Albert Family History and Information

From : http://en.wikipedia.org/wiki/Albert_Music; Swiss horologist Jacques Albert migrated to Sydney in 1884 with his family and established a clock, watch and violin repair business in Newtown, Sydney the following year.

Albert and his son Frank began importing and selling a wider range of musical instruments including a Boomerang mouth organ. **The company trademarked the word 'boomerang' and stamped it on German manufactured mouth organs. The distinctive instruments were a runaway success selling at a rate of 800 a week by 1897.**

By 1902 J. Albert & Son diversified into music retail and publishing, opening a shop-front in King Street in central Sydney. Later still J. Albert & Son struck deals with American and British music publishers, purchasing the copyright for songwriters such as Irving Berlin and George Gershwin. **In 1926 J. Albert & Son co-founded the Australasian Performing Right Association (APRA)**

Frank Albert was a founding member and director of the Australian Broadcasting Company, which ran the Commonwealth Government's eight national radio stations. When the government resumed the licence three years later, Alberts used the proceeds to establish Radio Station 2UW. During the heyday of radio, broadcasts of harmonica competitions were staged in town halls.

Frank's son Alexis, assumed the role of Managing Director of J. Albert & Son in 1931. Over the next 50 years the J. Albert & Son empire gradually acquired interests in a network of eight stations in what later became the Macquarie Radio Network. The stations included 4BC in Brisbane, 3DB in Melbourne and 2CC in Canberra. Later still in the 1950s the company became a major shareholder in ATV Channel Seven. **In 1964 the Albert family founded Albert Productions, Australia's first independent record label devoted exclusively to signing and recording Australian pop artists. The 'Easybeats' are the most successful artists to sign to the recording label. The label was very successful during the 1970s when the stable of artists and in particular AC/DC brought Australia to international prominence in popular music.** In 2007 Albert Music acquired the Origin Network Company which manage the copyrighted work and music catalogues of the Australian recording artists Lee Kernaghan, Richard Clapton, Rogue Traders, Mike Brady, Paul Grabowsky, Joe Dolce, Chris Neal, Cezary Skubiszewski, Parrish Muhoberac, and Paul Wiltshire. Albert Music, formerly J Albert and Son is an Australian company with an estimated worth in 2009 of more than A\$209 million. The company has major interests in music publishing and production and it currently earns significant royalties through its subsidiary, Albert Productions which manages the music catalogue of the Australian rock band AC/DC. More recently Alberts has formed an alliance with Stuart & Sons to manufacture handcrafted pianos

Current activities

Alberts has longstanding community partnerships in the form of the McDonald's Performing Arts Challenge; working with disadvantaged youth through Mission Australia; and research and treatment through Nordoff-Robbins Music Therapy Australia.

References

1. Albert J. (2009) 'House of Hits', Hardie Grant
2. <http://www.albertmusic.com/company>